

# Irritable Bowel Syndrome

Irritable Bowel Syndrome (IBS) is when a person's colon is not working properly so food moves too slow or too fast through the colon. IBS causes many uncomfortable symptoms but many can be relieved or reduced through diet and lifestyle changes.

## Symptoms of IBS

- Gas and/or bloating
- Abdominal pain and/or cramps
- Chronic diarrhea, constipation or both
- Swollen and/or bloated abdomen
- Mucus in stool
- Feeling like you have to have a bowel movement after you just did

## Triggers of IBS

No one knows the exact cause of IBS, but research has shown that certain foods, hormones, illnesses and stress can trigger IBS or make it worse.

Stress can increase the amount of IBS symptoms you have.

For women certain times in their menstrual cycle can lead to increased symptoms of IBS because of the hormones that are being released at that time.

When some people eat the following foods it makes their IBS worse. If you stop eating these foods for a while and your IBS gets better, these foods are triggers for you and you should not eat them.

Dairy products like milk or cheese, alcohol, artificial sweeteners, foods that are fried or high in fat, beans, cauliflower, cabbage, and broccoli, caffeinated products including coffee and tea, carbonated drinks like sodas, chocolate

## Relieving Symptoms

Diet Changes - drink lots of fluids, slowly increase the amount of fiber in your diet, eat small meals. Large meals can cause cramping or diarrhea in some people.

Keep Active and Moving - exercise regularly, massage, deep breathing techniques, acupuncture, and yoga.

Get on an eating schedule and eat at the same time every day.

**Fiber should be added to your diet slowly. Fiber can be helpful but it can increase bloating, gas, and/or cramping if too much fiber is added too quickly, so add a little at a time.** *Talk to your health care provider if you have any questions or concerns about adding fiber to your diet.*

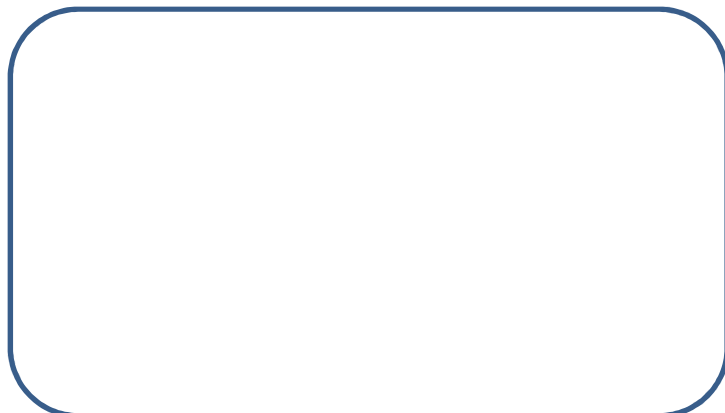
Quit smoking

Medication - talk with your health care provider about taking any medications.

Some foods make IBS better. Fiber may reduce constipation and help relieve some IBS symptoms.

This free patient information from mdCurrent-India is not intended to be a substitute for professional medical advice. Always see your doctor if you are ill or have questions about your health.

Your doctors contact information is available in the box below.



**mdCurrent**  
GLOBAL MEDICINE. LOCAL FOCUS.

<http://mdcurrent.in/patients/patient-education-home/>

