

Managing IBS

IBS is different for everyone.

Managing symptoms may require you to take progressive steps to wellness.

Consider these 3 steps...



Diet and Lifestyle

- Boost your fibre intake
- Limit caffeine intake
- Stop eating foods that trigger symptoms
- Exercise regularly
- Get enough rest
- Manage stress
- If you need to have a bowel movement, don't hold it!
- Try to set aside a regular time for bowel movements



Talk to Your Pharmacist

Your pharmacist may be able to suggest safe and effective over-the-counter remedies such as:

- Peppermint oil and other products that reduce spasms, abdominal pain, and provide relief from cramping
- Products to help prevent or relieve diarrhea and constipation
- Probiotics that have been proven effective for managing IBS symptoms



See Your Doctor

Your doctor may recommend tests so you can rule out any other underlying illnesses and, depending on the results, recommend other solutions That may include



Live Positively with IBS!

Over time, the symptoms of IBS may come and go. With an effective management plan, as many as one-third of people with IBS may live symptom-free.

