

# Evidence Based Ways to Manage Irritable Bowel Syndrome

(IBS)

## Start with Fibres!

Managing IBS often takes a combination of approaches, and each person may be different! Below are some proactive strategies and treatment options that can help you live your best life!



Dietary fibre can be classified as either soluble or insoluble, and soluble fibre is beneficial for IBS. Try slowly increasing dietary fibre by 2 to 4 grams per day to prevent discomfort and to promote soft, painless stools. However, everyone is different and large servings of fibre may aggravate IBS, keep track of what you eat and your symptoms to discuss with your doctor during this process.

The low FODMAP diet involves removing carbohydrates that are known to be more difficult to digest, or poorly absorbed in the small intestine of some people. FODMAPs are found in a wide variety of everyday foods including fruits, vegetables, legumes, milk products and sweetening agents.

## Try the low FODMAP Diet

### EXAMPLES OF LOW FODMAPS FOODS



It is important to note that the low FODMAP diet is not a permanent diet! You should be working collaboratively with your health care professional to eliminate high FODMAP foods and reintroduce them slowly over a six month period to test and eliminate which foods are negatively affecting your symptoms.



### Stress Management

If you have IBS, stress management is important. Many people with IBS often find symptom relief when they incorporate relaxation and mindfulness techniques into their lives. Try mind-body activities such as yoga, Thai Chi, and make sure you're getting enough time for you!

### Probiotics



If other dietary strategies have not been successful in relieving your symptoms, a trial of a probiotic may be helpful. However, probiotics are not medicine! It is important to choose a product that is proven to offer benefits for the symptoms you want to relieve. Speak to your doctor or pharmacist about which probiotic may be right for YOU.



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There are medications approved in Canada for IBS (over the counter or prescription) that can help your symptoms as well. Consult your doctor to learn about all available options and discuss what could work best for you. In time, you will get back to living your life – your way!