

Irritable Bowel Syndrome (IBS) Survival Guide

If you suffer from IBS, then you already know that you have to navigate the world much differently than most people. We wanted to put together an IBS survival guide, with some suggestions for solutions.



There are a couple of things you can do here to minimize stress, when leaving the house, the first and obvious one would be to map out all the bathrooms near wherever you're going. There are apps for this! One we recommend is called the 'GoHere' app by Crohn's and Colitis Canada. Download it now and you'll never find yourself frantically searching for a bathroom again!



Pack an 'IBS Kit'

In your kit, you can put things like IBS friendly snacks, sanitary wipes, a bottle of water, hand sanitizer, even a change of clothes if you've had one or two close calls in the past. If your doctor has recommended you take an over-the-counter diarrhea medication, make sure you keep those in there too! Being prepared can go a long way to keeping your stress and symptom-free.

Traveling with IBS



On a plane, try and choose an aisle seat. That way, you can get up to use the bathroom as many times as you need without worrying about disrupting the flight for your neighbours.



If your doctor has recommended you take any over-the-counter medications for constipation or diarrhea, make sure you pack them. Even just knowing you have your meds as a back-up in case things go wrong can be a huge stress reliever.



Don't get too experimental with local cuisine. For example, if dairy is one of your trigger foods and everyone's diving into the butter chicken, maybe go for something equally tasty but safer for you.



Talk to your doctor about starting up with a probiotic that has strains proven to help with IBS before your trip specifically. It could help stabilize your microbiome.



Be super vigilant about your diet and stress relief routines leading up to the trip and try to keep up your healthy habits while on your journey. If exercise helps minimize your symptoms, make sure you try to keep up with your regimen while you're away.

The best way to get your symptoms and triggers under control is to have a healthy and open relationship with your doctor. Instead of trying to remember your flares and signs every time you go in, you should be recording them every day, and bring your notes to your doctor's visit.

Record symptoms, stool, your bowel movements, your mood, medications you're taking, and changes in symptoms. It's a good idea to even write down questions you might forget to ask your doctor when it's time for your scheduled appointments.

Journaling

A great way to bring this practice into the 21st century and to make the whole process so much more convenient is by downloading our app for IBS! Just look up myIBS in the app store!



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Download Now!

