

IBS-C: How to Get Unstuck



What is IBS-C?

IBS-C (Irritable Bowel Syndrome with Constipation) is a subtype of IBS characterized by:

- Hard, lumpy stools (>25% of the time) and minimal diarrhea.
- Symptoms like bloating, gas, nausea, reflux, and abdominal pain.



Red Flags: Blood in stool, weight loss, family history of bowel disease, symptoms after age 50, or prolonged constipation (5-7 days+).

Diagnosis: Rome IV Criteria

- Abdominal pain at least 1x/week for 3+ months, plus two of these:
 - Pain related to bowel movements.
 - Changes in stool frequency.
 - Changes in stool consistency.



High vs. Low FODMAP Swaps



- **Dairy:** Swap milk/yogurt for lactose-free versions.
- **Fruits:** Replace apples/pears with oranges, blueberries.
- **Veggies:** Sub cauliflower/mushrooms with bok choy, broccoli florets.
- **Legumes:** Opt for canned lentils (rinsed) over black beans.
- **Garlic for Garlic Infused Oil.**

Diet Tips for IBS-C



- Eat slowly and chew thoroughly.
- Stay hydrated (2L+ daily).
- Exercise regularly (walking, yoga, etc.).
- Prioritize high-fibre, home-cooked meals.
- Consider a modified Low FODMAP diet if bloating is a major issue.



The Mind-Gut Connection

Understanding constipation means identifying where the issue lies. Consider:



- **Gut-Directed Hypnotherapy:** Proven to improve symptoms by retraining brain-gut communication.
- **Cognitive Behavioral Therapy (CBT):** Helps manage stress-related triggers.
- **Mindful Eating & Relaxation Techniques:** Slow eating, deep breathing, and meditation can ease symptoms.

The "Toothpaste Analogy" for IBS-C Treatment

Understanding constipation means identifying where the issue lies:



The "Paste" (Stool Consistency)

If osmotic laxatives help, your stool may just need softening.



The "Cap" (Pelvic Floor & Rectum)

If stool gets stuck despite normal consistency and movement, the pelvic floor may be the culprit. A Pelvic Floor Physiotherapist can help address muscle coordination issues.



The "Tube" (Intestinal Muscles)

If stimulant laxatives work best, muscle movement may be the issue. Certain prescription treatments can help.

- 1 Probiotics
- 2 Enteric-Coated Peppermint Oil
- 3 Prescription Medication



Additional Options to Discuss with Your Doctor