

Irritable Bowel Syndrome (IBS) Flare-Ups

Why They Happen & How to Get Relief

- IBS flare-ups can strike when you least expect them
- When IBS symptoms suddenly get worse it affects everything - your mood, your work & your social life

Flare-Ups

- A flare-up is a sudden worsening of IBS symptoms
- Can last a few hours to several days
- Are most intense in the first 24 - 48 hours
- Are manageable

COMMON TRIGGERS:

- High FODMAP foods
- Stress & anxiety
- Hormonal changes
- Illness & medication¹
- Poor sleep



Find Relief During a Flare-Up

- Rest & stay hydrated
- Gentle walking
- Use a heating pad
- Eat bland, easy to digest foods
- Practise relaxation techniques²



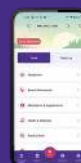
When to See a Doctor

- Talk to your doctor if you experience:
 - Blood in your stool
 - Severe or prolonged pain
 - Unexplained weight loss
 - Fever



Long-Term Flare-Up Prevention

- Low FODMAP diet under dietitian guidance³
- Tracking (try CDHF's MyIBS app)
 - What you eat & how you feel
 - Bowel movements
- Support your gut
 - Add IBS-friendly fibre
 - Probiotics
 - Polyphenols (plant chemicals found in fruits, vegetables & legumes)
- Important : Manage stress (CBT, mindfulness & yoga)⁴



- Remember : you don't have to let your symptoms control your life
- With the right strategies, you can take back control
- You're not alone - there are plenty of resources and strategies to help you live life more comfortably