

IBS Treatment: A Guide to Managing Irritable Bowel Syndrome



HEALTHY EATING HABITS



- Eat small, frequent meals every 3 to 4 hours
- Stay hydrated with 2 to 2.5 litres of water a day
- Limit caffeine, high fat foods, alcohol, and spicy foods

LIFESTYLE HABITS



- Regular physical activity
- Stress management techniques
- Healthy sleeping habits

DIETARY THERAPIES

Low FODMAP diet

- A temporary elimination diet that has been shown to reduce symptoms and help manage IBS
- Try this diet if symptoms are triggered by FODMAPs

Modified Low FODMAP Diet: less restrictive approach that only limits commonly eaten high FODMAP foods or swaps them for low FODMAP substitutes

Low Lactose Diet: may help if you are lactose intolerant

Fructose or Sorbitol Restriction Diet: may help if you have fructose/sugar alcohol malabsorption

High FODMAP foods to avoid

Low FODMAP foods to select



Pasta, Bread



Rice, Gluten Free



Milk, yogurt



Oat milk, Lactose Free



Beans



Tofu

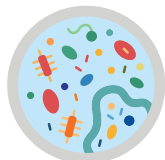


Honey



Maple syrup

SUPPLEMENTS



Probiotics may help manage IBS symptoms when the right strain is chosen.



Prebiotics from certain foods support healthy gut bacteria.



Peppermint oil and tea reduce bloating and abdominal pain.

Work with a healthcare provider to select the best IBS treatment options for you.



MEDICATIONS



Constipation	Laxatives (polyethylene glycol)
Diarrhea	Antidiarrheal agents, antibiotics
Abdominal Pain	Smooth muscle relaxants, peppermint oil



PSYCHOLOGICAL THERAPIES

- Cognitive behavioural therapy helps manage thoughts and behaviours that can worsen symptoms
- Gut targeted hypnotherapy uses guided relaxation to improve brain-gut communication and help alleviate IBS symptoms

For the complete article, visit:

<https://cdhf.ca/en/ibs-treatment-a-guide-to-managing-irritable-bowel-syndrome>