

Eating with Irritable Bowel Syndrome

Bloating, cramps and irregular bowels

WHY THIS APPEARS IN AN ORTHOPAEDIC BOOKLET

Many of the medicines we prescribe — painkillers, iron, calcium, antibiotics — upset a sensitive gut. If you have IBS, **tell us**, and we will choose differently and add protection. Do not simply stop your treatment.

First steps that help most people

- **Eat regular meals and do not skip them.** Do not eat in a rush.
- **Smaller, more frequent meals** rather than large ones.
- **Drink plenty of water** — at least 8 glasses.
- **Cut down tea and coffee** to no more than three cups a day.
- **Reduce alcohol and fizzy drinks.**
- **Limit fried and very spicy food**, and rich gravies.
- Keep a simple **food and symptom diary** for two weeks — your own triggers are more useful than any general list.

ADJUST FIBRE TO YOUR PATTERN

If constipation dominates: increase soluble fibre slowly — oats, isabgol (psyllium), papaya, cooked vegetables. Increase gradually over weeks, with more water.

If bloating and diarrhoea dominate: reduce insoluble fibre — bran, raw salad, whole nuts, skins and seeds.

Common gas producers: rajma, chana, chhole, cabbage, cauliflower, onion, garlic, wheat in large amounts, milk, and artificial sweeteners ending in "-ol" (sorbitol, mannitol).

Other things that genuinely help

- **Peppermint oil capsules** can ease cramping.
- **Probiotics** — curd or a supplement — are worth a four-week trial.
- **Regular exercise** improves bowel function and symptoms.
- **Stress and poor sleep make IBS worse**, reliably. This is not imaginary — the gut and brain are closely connected.

THESE ARE NOT IBS — SEE A DOCTOR

Blood in the stool · unexplained weight loss · symptoms that wake you at night · fever · difficulty swallowing · a family history of bowel cancer or inflammatory bowel disease · new symptoms starting after age 50 · anaemia

Search: IBS diet, irritable bowel, bloating, gas, stomach upset food

