

What Dietary Changes Can I Make?

Avoid



Dairy Products

(milk, ice cream, yogurt, cheese)



Cruciferous Vegetables

(cabbage, brussels sprouts, cauliflower, and broccoli)



Legumes

(beans)

Eat More

Non-cruciferous vegetables

(carrot, potato, beets, parsley, celery)



Better Tolerated Food

(soymilk, rice milk, rice-based products, boiled potatoes, plain pasta, plain fish and plain chicken)



Please consult your doctor before changing your diet.

Clinic 4B
TTSH Medical Centre, Level 4
Contact:
6357 7000 (Central Hotline),



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

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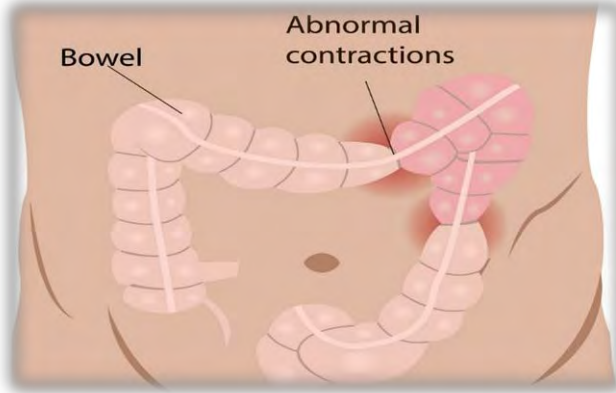
Department of
**GASTROENTEROLOGY &
HEPATOLOGY**

Irritable Bowel Syndrome (IBS)



What Is Irritable Bowel Syndrome (IBS)?

Irritable bowel syndrome (IBS) is a chronic (long-term) condition that affects the large intestine. It may cause abdominal pain because of abnormal contractions and problems with bowel movements.



Abnormal contractions caused by IBS

What Causes IBS?

The cause of IBS is unknown, but IBS often begins in young adulthood and is more common in women than men.

What Can Increase Risk of IBS?

- **Infection:** IBS can develop after a severe gastrointestinal infection caused by bacteria/viruses (e.g. salmonella, campylobacter)
- **Stress and anxiety:** May worsen IBS symptoms
- **Food:** Food, such as dairy products and high-gas food, may worsen IBS symptoms. Please refer to the 'What Dietary Changes Can I Make?' section behind for more information.

Signs & Symptoms of IBS

Severe signs and symptoms are uncommon, but you may still experience symptoms such as:

- Abdominal pain
- Diarrhea or constipation
- Stomach bloating
- Belching or burping (due to increased gas production)
- Mucus in the stool

How Is IBS Diagnosed?

While there is no single test for IBS, your doctor may perform some tests to rule out other conditions.

Common tests include :

- Blood test
- X-ray test
- Sigmoidoscopy/colonoscopy (procedures to check the inside of your large intestine)



Inside of large intestine using colonoscopy

How Is IBS Treated?

Although there is currently no cure for IBS, effective treatments are available to ease the symptoms.

Possible treatments are:

- Medications
- Counselling
- Lifestyle changes

What Lifestyle Changes

Can I Make?

1) Keep a Diary



Keep track of your diet, activities and symptoms. This can help you identify food or activities that worsen your symptoms.

2) Exercise Regularly



Be active for 20 to 60 mins, 3 to 5 days a week. This could be as simple as walking or moving throughout the day.

3) Avoid Certain Food



Avoid food that may worsen your symptoms. Check with your doctor on food that can worsen IBS.

Work closely with your doctor to monitor your symptoms over time. Your doctor may recommend further testing if your symptoms change.