

Understanding Irritable Bowel Syndrome (IBS)

Jake MacDonald, MD

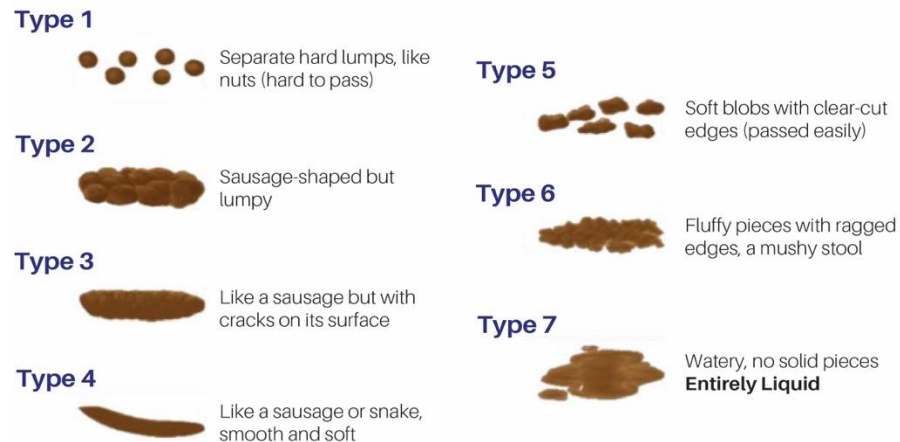
What is IBS?

- IBS is often triggered by:
 - Certain foods
 - Stress and anxiety
 - Hormonal changes
- Common symptoms include:
 - Cramping or abdominal pain
 - Bloating or gas
 - Constipation or diarrhea
 - A feeling of incomplete bowel emptying
- There are 3 main types of IBS based on the predominant stool type
 - IBS-C (Constipation)
 - IBS-D (Diarrhea)
 - IBS-M (Mixed)

How is IBS Diagnosed?

- IBS is a common functional disorder of the gut-brain axis. This means that:
- It is diagnosed based on clinical symptoms related to abdominal pain
 - Many routine tests to workup the causes of abdominal pain, diarrhea, or constipation may be negative or normal

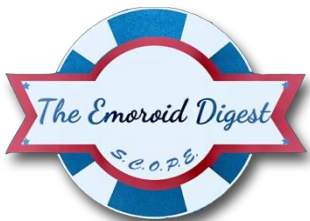
Bristol Stool Chart



How is it Managed?

Managing IBS involves multiple strategies including dietary modification:

- Limited trial of low FODMAP diet (see next slide)
- Incorporating 25-35 g a day of soluble fiber. Examples include psyllium, oats
- Select medications to manage diarrhea or constipation, depending on predominant symptoms
- Encapsulated peppermint oil to reduce cramping
- Select antidepressants and gut-directed psychotherapy



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Diet and Irritable Bowel Syndrome (IBS)

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What Are FODMAPs?

A group of carbohydrates more likely to cause GI distress due to poor absorption which draws extra water into the gut and leads to rapid fermentation by gut bacteria.

F – Fermentable (creates gas)

O – Oligosaccharides (a type of fiber found in wheat, onion, garlic, and beans)











D – Disaccharides (refers to lactose, a commonly malabsorbed sugar in some dairy)

M – Monosaccharides (refers to fructose, found in certain fruits and processed foods)

And

P – Polyols (sugar alcohols) commonly found in sugar-free gum/candy and in some fruits and vegetables

LOW FODMAP DIET

FOOD	VEGETABLES	FRUITS	PROTEINS	FATS	STARCHES, CEREALS & GRAINS
EAT	 lettuce, carrot, cucumber	 strawberries, pineapples, grapes	 chicken, eggs, tofu	 oils, butter, peanuts	 potatoes, tortilla chips, popcorn
AVOID	 garlic, beans, onion	 blackberries, watermelon, peaches	 sausage, battered fish, breaded meats	 almonds, avocado, pistachio	 beans, gluten-based bread, muffins

<https://charlesbongli.com/wp-content/uploads/2021/03/21-CGI-0862-FB-09.png>

Low FODMAP diet is not meant to be a permanent diet. Work with your nutritionist to create a diet that works for you!

The diet trial typically has 3 phases:

Elimination Phase (2–6 weeks)

- Remove all high-FODMAP foods
- Goal is to reduce your symptoms and calm your gut

Reintroduction Phase (6–8 weeks)

- Slowly reintroduce one food/group of foods at a time
- Helps identify your personal triggers

Personalization Phase (Long-term)

- Create a balanced, sustainable diet
- Avoid only what bothers you