

## Does it work?

YES it does our patients have reported a shift from severe/moderate to mild / no symptoms on the diet:

- ✓ Abdominal pain/ discomfort
- ✓ Abdominal bloating/ distension
- ✓ Flatulence/ wind
- ✓ Belching/ burping
- ✓ Urgency to open bowels
- ✓ The majority also reported improvements in stool consistency
- ✓ Those with altered bowel motions had improvement in frequency.

**100% reported they would definitely recommend this diet.**

## What does the low FODMAP diet involve?

Our Dietitian helps each individual to identify problematic foods, and advises on suitable alternatives to ensure a nutritionally adequate diet.

The aim of the diet is to identify which foods cause symptoms. It involves restricting specific (FODMAP) containing foods for 8 weeks and re-introducing them one at a time until an individual tolerance level is reached.

Our Dietitian spends 60 minutes working with you to identify problematic foods, and advise suitable alternatives to ensure a nutritionally adequate diet. A 30 minute will be arranged for 1 month. At 8 weeks we work with you on reintroduction / food challenge to help ensure a balanced, nutritionally complete diet. Total cost €150.

Fees can be submitted to health insurance for partial reimbursement, the remainder can be submitted on Med 1 tax form.

We hope that many of your questions have been answered within this leaflet, but should you have any further queries then do not hesitate to contact us:

**Tel: 021 4941930**

**Dietetic Appointments**

**DIETETIC  
DEPARTMENT**



**Bon Secours Hospital  
College Road, Cork**

## **Low FODMAP diet for symptom management in IBS**

**PATIENT INFORMATION**



## What is IBS?

Irritable bowel syndrome (IBS) is an extremely common digestive disorder. The symptoms vary greatly from person to person, but may include cramping discomfort, a feeling of fullness or bloating, nausea and a change in bowel habit. This can range from constipation to diarrhoea, or can alternate between the two.

## What causes IBS?

The cause of IBS is not known but diet and stress play a role.

## How can I manage my IBS with diet?

### The Basics:

#### 1. Have a regular eating pattern

People with erratic eating patterns may find their symptoms improve when they start to eat more regularly. Avoid missing meals.

#### 2. Fibre

Altering the amount and type of fibre you eat may help manage your symptoms.

#### 3. Fluid

Aim to drink about 8-10 glasses of fluid everyday. Alcohol, caffeine and fizzy drinks in excess can worsen symptoms.

#### 4. Probiotics

The 'good bacteria' found in these drinks and yoghurts may help regulate the rhythm of your bowel.

#### 5. Stress

Stress is thought to be one of the causes of IBS. Stress can reduce blood flow to the bowel.

#### 6. Food allergies

Food allergies are rarely a cause of IBS, it is always worth trying to increase fibre and probiotics before looking at food allergies as a possible cause. If you have tried fibre and probiotics and are not feeling any better, ask to see a dietitian.

*Note: Coeliac Disease, an allergy to Gluten, should be ruled out before trying other diets.*

## What if these methods do not alleviate my symptoms?

### The next step:

A 'low FODMAP' diet, developed in Australia and successfully adapted to the UK and Ireland for symptom management in patients with IBS and other functional gut disorders.

## What are FODMAPS?

FODMAPS are types of carbohydrates (found in bread, beans, some fruits and vegetables). They are poorly absorbed in the small bowel, thus allowing resident bacteria to consume and digest the carbohydrate, producing gas in the process. This triggers symptoms such as pain, bloating and sometimes diarrhea in people with IBS.

Reducing FODMAPS from the diet has proved to be effective in reducing these symptoms.