

Irritable bowel Syndrome in Adults – patient information sheet

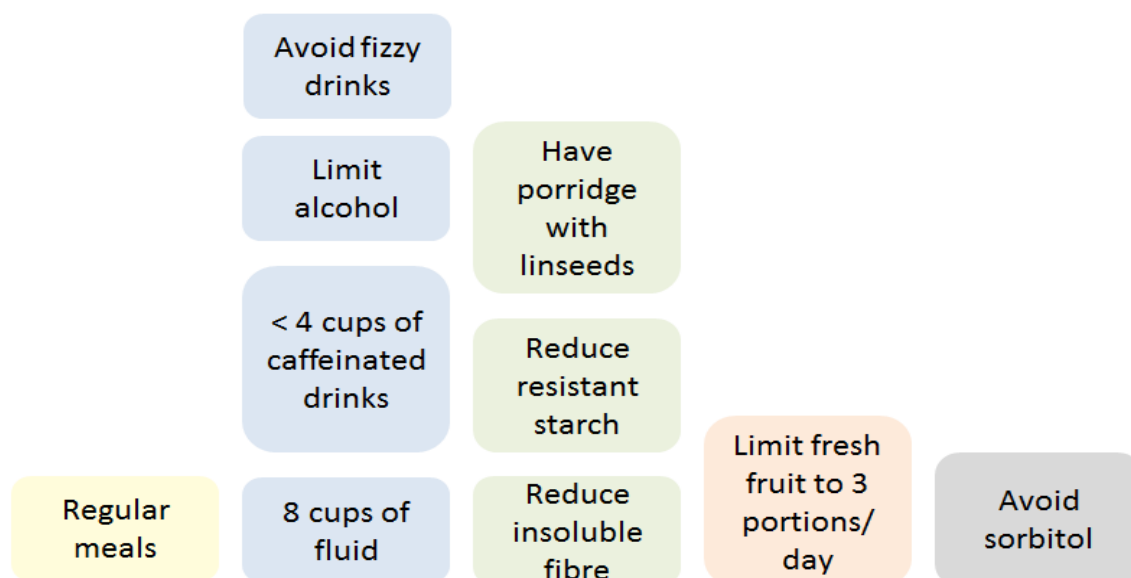
Before using medication assess diet and nutrition and give following advice:

- Have regular meals and take time to eat, avoid missing meals or long gaps between eating
- Drink at least 8 cups of fluids per day, especially water or other non-caffeinated drinks
- Restrict tea and coffee to 3 cups per day and reduce intake of alcohol and fizzy drinks
- Limit intake of fibre, especially insoluble-fibre such as bran, wholemeal bread and whole grain cereals. Recommend foods with soluble fibre eg oats, root vegetables and ispaghula
- Reduce intake of 'resistant starch' (starch that resists digestion in the small intestine and reaches the colon intact), often found in processed or re-cooked foods
- Limit fresh fruit to 3 portions (of 80g) per day

- People who have diarrhoea, should avoid sorbitol, an artificial sweetener in sugar free sweets, chewing gum, drinks and in some diabetic and slimming products
- People with wind and bloating may find it useful to eat oats (eg oat based breakfasts) and linseeds (up to 1 tablespoon per day) and reduce intake of insoluble fibre (such as bran)

First line dietary advice

NICE cg61



See – British Dietetic Association – IBS information sheet

<https://www.bda.uk.com/foodfacts/IBSfoodfacts.pdf>