

# Diet and irritable bowel syndrome

- the low FODMAP way to better health

## How can the low FODMAP diet help you?

Most people with IBS know that foods may trigger abdominal symptoms. The low FODMAP diet targets foods known to trigger abdominal symptoms while ensuring a healthy and balanced diet.

## What are FODMAPs?

FODMAPs (*Fermentable Oligo- Di- and Monosaccharides and Polyols*) are a group of carbohydrates (*sugars*) that have been shown in clinical and scientific studies to cause abdominal symptoms for people with IBS. These sugars are found throughout our diet and may cause symptoms by increasing bowel fluid and gas.

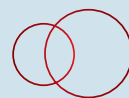
## How does the low FODMAP diet work?

A low FODMAP diet will often lead to less colonic gas and less fluid in the bowel motion. Clinical studies have demonstrated that, as a result, a low FODMAP diet can lead to a marked improvement in abdominal symptoms for up to 75% of people with IBS.

## Which abdominal symptoms may respond to a low FODMAP diet?

IBS includes many abdominal symptoms. Clinical studies have shown that the following symptoms may respond to the low FODMAP diet

- Abdominal bloating
- Abdominal pain
- Diarrhoea
- Wind
- Constipation



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# Irritable bowel syndrome (IBS)

## Choose the low FODMAP treatment that suits you

### What is IBS?

IBS symptoms include abdominal pain, diarrhoea and/or constipation and bloating. People with IBS have a bowel that looks normal when examined with a colonoscope. Biopsies of the bowel are also normal under a microscope. While the bowel looks normal, it does not function normally and is sensitive to the fluid and gas within it. Bowel sensitivity may lead to abdominal symptoms.

### How common is IBS?

IBS is common affecting 1/6 women and 1/9 men. The symptoms can vary in intensity and may come and go.

### What causes IBS?

The cause of IBS is unknown. Occasionally it may be triggered by an episode of gastroenteritis. Because the cause is not known, there is no cure for IBS and treatment involves identifying and managing triggers.

### How is IBS diagnosed?

IBS is diagnosed by your doctor. It is important that your doctor rules out serious conditions that may mimic IBS. In some cases this may require referral to a Specialist Gastroenterologist or Surgeon for further tests.

### What are triggers for IBS?

Not everyone is the same when it comes to triggers for gut symptoms but stress may make symptoms worse in addition to specific foods in the diet.

The low FODMAP diet approach has been shown in scientific studies to successfully reduce symptoms in 3/4 of patients with IBS.

*Digestive Health Services and Dietary Specialists offer diagnostic testing and specialist dietary advice to provide the best management plan to control your symptoms.*

### 1. BREATH TESTING AND DIETITIAN PACKAGE

This package involves three hydrogen breath tests (*lactulose, fructose and lactose*), a one hour dietary consultation with our gastrointestinal specialist Dietitians and a 30 minute follow up appointment six weeks later.

#### What is hydrogen & methane breath testing?

Hydrogen and methane testing helps identify carbohydrates (sugars) that may trigger your symptoms. Each of the three breath tests take up to three hours and is performed at Digestive Health Services (40 Stewart Street). Preparation involves a special diet for 24 hours before each test and having nothing to eat or drink from midnight. For each test, you simply drink one of the three sugars and then breathe into a small hand-held device every fifteen minutes until the test is complete. These results are then interpreted by our Gastroenterologists.

#### What happens to the Breath Test Report?

The breath test report provides a unique and individual profile of the sugars that you are intolerant to. Our Dietitians then design a diet that is specific to these results and your requirements. At your follow up appointment they will advise you as to how to re-introduce foods to identify dietary triggers and tolerance levels.

A copy of your report will be sent to your referring doctor, your GP and yourself.



While time intensive and more expensive than a Dietitian package, the breath testing package is the best way to enable you and your Dietitian to identify and eliminate trigger foods.

### 2. DIETITIAN CONSULTATION ONLY

Our experienced and friendly team of gastrointestinal Dietitians will work with you to identify triggers for your abdominal symptoms. They will explain the way that certain foods lead to symptoms and provide you with realistic alternatives to minimise your abdominal symptoms while ensuring that you maintain a healthy diet.

Our Dietitians provide practical advice including information on what you can eat, menu ideas, eating away from home, shopping information and a diet plan tailored to your lifestyle.

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