

IBS

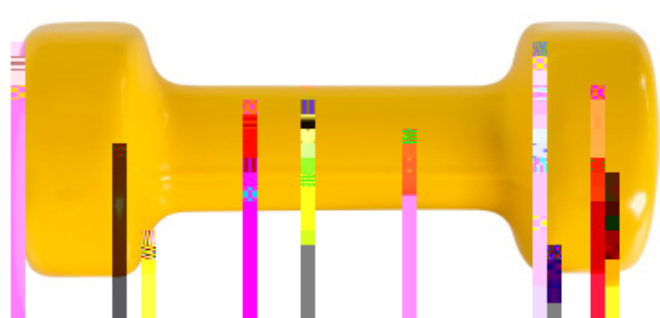
Do's and Don'ts

April is IBS Awareness Month.
Learn how to better manage symptoms of
irritable bowel syndrome.

DO's

DO eat smaller meals five to six times a day.

DO eat as slowly as possible.



DO exercise as much as possible.

DO skip large, heavy, fatty meals.



DO reduce your intake of flatulence-causing foods—such as broccoli, cabbage or beans—to see if that makes a difference.

DO try probiotics for a month to see if they help.

DO try taking soluble dietary fiber daily.

DO keep a food and symptom diary to show your doctor.

DO talk to your doctor about all of your symptoms, no matter how embarrassing they may seem.

DON'Ts



DON'T eat foods with insoluble fiber, chocolate or nuts.

DON'T drink coffee or other caffeinated beverages.



DON'T skip meals, especially breakfast.

DON'T eat spicy, processed or fatty foods.

DON'T eat more than three servings of fruit daily.

DON'T drink alcohol or carbonated beverages.

DON'T take opioids to manage your pain.

DON'T neglect your personal relationships or your sex life out of embarrassment over your symptoms. Emotional stress can make your symptoms worse.

Providers at Weill Cornell Medicine can help you successfully manage your IBS