

The Secrets of your Irritable Bowel Syndrome (IBS)

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What does irritable bowel syndrome (IBS) mean?

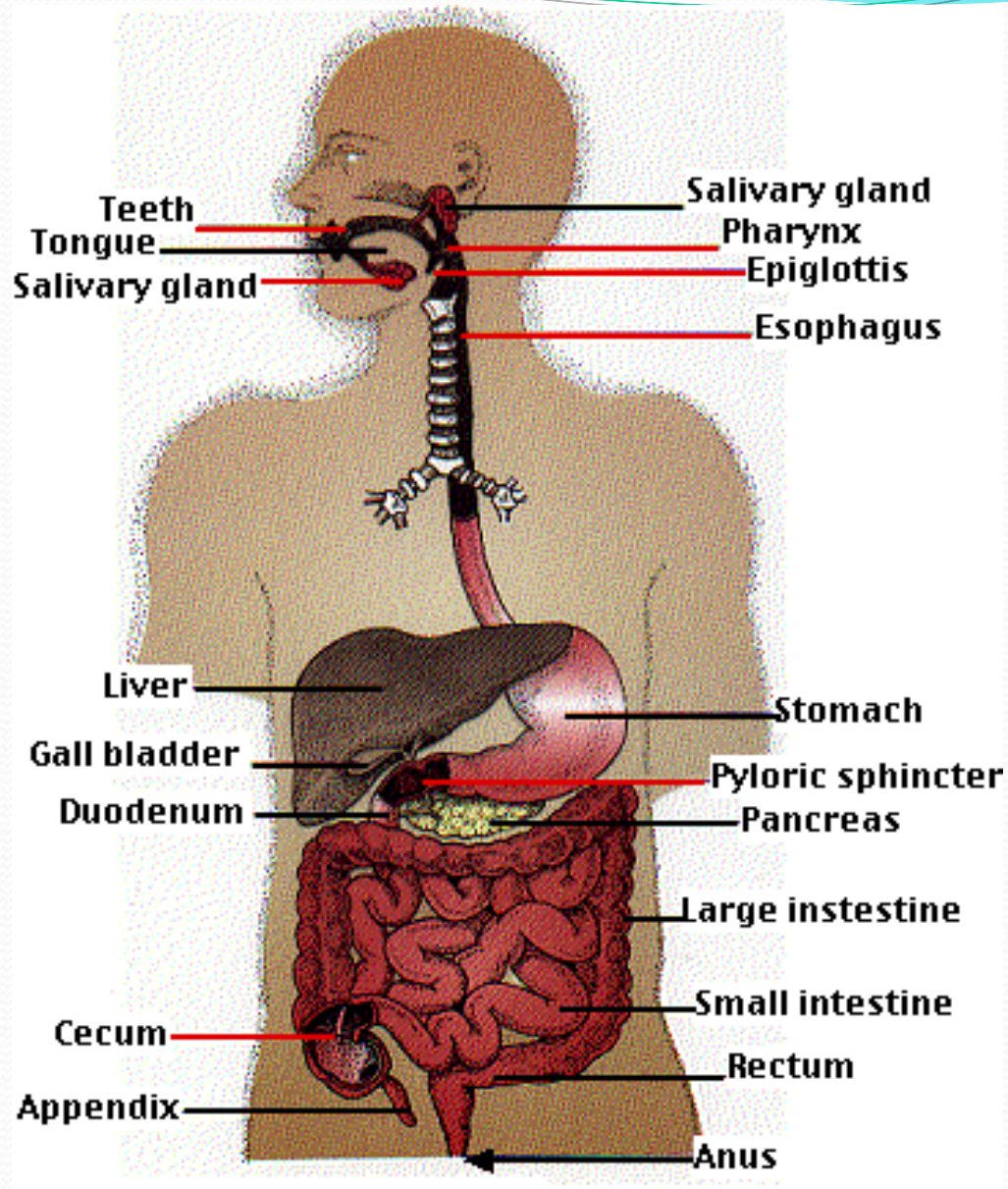
- A functional condition of the gut for which there is no structural abnormality leading to bowel symptoms

Typical IBS symptoms

- Bloating/Wind
- Diarrhoea
- Abdominal pain
- Constipation
- Passage of mucus per rectum

Why do we get IBS?

- The gut is a long pipe surrounded by muscle and filled with nerve endings.
- Normal muscle contractions (peristalsis) propel food/fluid and faeces in a coordinated manner down the gastrointestinal tract.



Why do we get IBS?

- Ineffective peristalsis leads to constipation
- Over active peristalsis leads to diarrhoea
- The gut is normally collapsed but can become distended with air resulting in bloating
- The nerve endings in the gut wall may become more sensitive to stretching resulting in pain

Who gets IBS symptoms?

- Can run in families
- Previous episode of food poisoning
- Previous antibiotic use/anti-inflammatory use (NSAIDs)
- Possibly related to an acute physically or emotionally traumatic event
- Stress/anxiety can affect gut motility
- More common in women (possibly related to pelvic floor damage when giving birth)

Symptoms

- Bloating/Wind
- Day time diarrhoea – urgency
- gastro-colic reflex
- loose stools
- frequent stools
- Pain with diarrhoea relieved by opening bowels

Symptoms

- Constipation – Nothing for days or weeks
Just pass pellets
Often return to loo shortly after going (rectal dissatisfaction)

Passage of mucus rectally

How to treat symptoms

- BLOATING/WIND – Are you
 - Fast eater? (air swallower)
 - Gum chewer?
 - Lover of fizzy drinks?
 - Eating too much fibre?
-
- If the answer is yes – cut back!
 - Medical treatment – mebeverine/merbentyl

How to treat symptoms

- Diarrhoea – due to increased peristalsis
- Too much coffee/caffeine?
- Low sugar gum? Other low sugar products (sorbitol)
- Too much alcohol?
- Too much dairy – cheese/cream/chox?
- Too much veg – beans/cabbage/mushrooms/onions?
- Too much anxiety?
- If the answer is yes – cut back!

How to treat diarrhoea

- Cut back as above
- Increase white rice
- Loperamide/codeine
- Relaxation/meditation/hypnosis
- Stop anti-inflammatory drugs

Treating abdominal pain

- Pain usually due to increased gut contractions
- Treat diarrhoea first
- Try anti-spasm medication such as
 - Merbentyl/mebeverine before meals
 - Buscopan for attack of pain
 - Amitriptyline low dose

Hypnotherapy

Treating constipation

- Are you in a dehydrating environment?
- Are you drinking enough fluid
- Are you drinking too much caffeine (diuretic)?
- Are you exercising?
- Eating regularly?
- Do you deny yourself?
- Are you bearing down properly?

Treating constipation

- Lots of fluid
- Exercise
- No rice
- Care with fruit and veg (makes bloating worse)
- Don't ignore mother nature!

Treating Constipation

- Laxatives
 - Suppository
 - Enema
 - Senna (stimulant)
 - Milpar (stool softener)
 - Movicol/Laxido
- If fails – consider biofeedback

When is IBS not IBS?

- Blood/pus in stool
- Getting up at night with diarrhoea
- Change in bowel habit over 45 years
- A change in your “normal” IBS symptoms
- Discuss with your GP

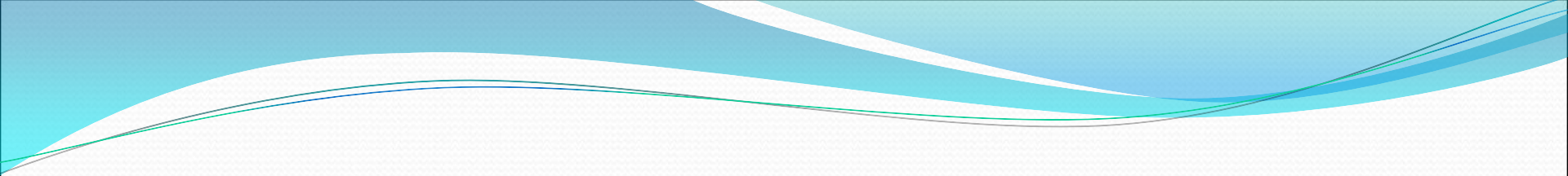
What might happen if you meet me?

- Discuss your symptoms and especially your diet
- Agree a strategy
- If symptoms new/changing – I might consider blood tests for
 - - Blood count
 - - Protein Level
 - - Markers of inflammation
 - - Wheat allergy blood test

Anything else?

An examination of your bowel may be required.
For examples of a colonoscopy click below

http://www.youtube.com/watch?v=6kg5wZQfADQ&has_verified=1

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- Thank you for watching this
 - To book an appointment:
 - 01707-365-086
 - 07947-803-034
 - linda.sibthorpe@nhs.net
 - For the latest breaking news about your stomach and bowels visit us on Twitter [@hertsgastro](https://twitter.com/hertsgastro)

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