

IBS - Introduction to A Low FODMAP Diet

This dietary advice sheet gives some general information before your appointment with a registered dietitian.

Introduction

A low FODMAP diet is a recognised dietary treatment, which has been found to help adults with symptoms of irritable bowel syndrome (IBS).

A low FODMAP diet can be particularly helpful in reducing symptoms of IBS, such as bloating, abdominal pain and flatulence/ wind in some people. The diet originated in Australia, where researchers have investigated the effects of certain sugars in the diet on the workings of the digestive system.

- FODMAPs are **F**ermentable **O**ligosaccharide **D**isaccharide **M**onosaccharide **A**nd **P**olyols
- A low FODMAP diet is a type of elimination diet where foods are excluded for a trial period of up to 8 weeks.
- Your symptoms will be assessed before and after the diet so any benefit can be assessed.
- If your symptoms have improved when following the low FODMAP diet, you will be given guidance on how to reintroduce foods into your diet.
- A low FODMAP diet excludes many common foods for a limited time. Therefore, it may not be suitable for people with a limited food intake or who are having difficulty maintaining a healthy weight. This will be discussed with your Dietitian at the assessment.
- You will need a series of three appointments, the first two will be 40mins each and the third will be 20mins. Comprehensive, written information will be provided.

Please be aware that information obtained from the Internet may be based on old data, provide conflicting advice and may be too restrictive.

Irritable Bowel Syndrome

The symptoms of IBS vary from one person to another. Your symptoms need to be considered carefully so that individual dietary advice can be offered. However, there are some general guidelines, looking at lifestyle and food habits, which can help improve symptoms. Most people will be advised to make these changes before trying a low FODMAP diet. An information leaflet about lifestyle and food habits related to IBS "Diet and IBS – Symptom Control" is available.