IBS Cheat Sheet

by Michellephillips02 via cheatography.com/214485/cs/46700/

What is it?

Common, unknown direct cause. Suspected: muscle in the digestive tract = changes in speed, strength and coordination of digestive enzymes. Visceral hypersensitivity. Altered intestinal microbiota.

Other factors: **restrictive diets, stress/anxiety**, genetics, environmental interactions.

IBS-C = more type 1-2

IBS-D = more type 6-7

IBS-M = Alternating diarrhoea and constipation

Common in EDs and pt w/ anxiety

Diagnosis

Recurrent abdominal pain (≥1 day/week, in 3/12), with an onset ≥ 6/12

Abdominal pain is classified as 2 of these: pain related to defecation, change in stool frequency, change in stool form or appearance

Strategies

Peppermint tea, or peppermint oil capsules (menthol acts as an antispasmodic). Can have with or after meals. *Mintec - 0.2mL (180mg)*

↑ soluble fibre

Limit alcohol & caffeine

Probiotics and prebiotics for general gut health

Limiting the obvious, 'big' fodmaps first

Low FODMAP flavour additives: fresh chives, Dijon mustard, vinegar, citrus juice, fresh herbs, soy sauce, spices, ginger, capers, olives

MI to remain flexible and encourage after challenges

Creating a calm, relaxed eating environment

MONASH app & cookbook

Strategies (cont)

Facebook groups for social support

S/S

Abdo pain	Bloating
Abdo distention	Diarrhoea
Constipation	Excess gas
Worsening symptoms with stress or menstruation	Urgency or straining during bowel movements
Sensation of incomplete evacuation	

Guidelines & References

Brian et al. ACG clinical guideline: management of irritable bowel syndrome. (2021)

McKenzie et al. British Dietetic Association systematic review and evidence-based practice guidelines for dietary management of IBS (2016 update).

FODMAPs

temporary diet to relieve S/S & find triggers. Series of challenges to eliminate a few high FODMAP sources.

Fermentable	In the L.I. 6 CHO that are considered FODMAPS
Oligosaccharides	**Fructans (FOS)** - garlic, onion, leek, wheat/rye/barley, dried apricots, peaches, watermelon, banana (ripe) **Galactooligosaccharides (GOS)** - beans, green peas, pistachios, cashews, soy milk, oat milk

FODMAPs (cont)

Disaccharides	**Lactose** - cows milk, condensed milk, yoghurt, custard, evaporsted milk, ice-cream
Monosaccharides	**Fructose** - artichoke, snow peas, apples, figs, dried fruit, mango, pears, watermelon, honey, most juices
And	
Polyols	**Sorbitol** - apples, apricots, plums, peaches, artificial sweeteners (**mannitol** (mushrooms, snow peas, watermelon), **xylitol, isomalt, erythritol**) - *Attract water into the bowel - diarrhoea common*

Phases

1. Low FODMAP (2-6 weeks)	Full elimination low FODMAP diet.
2. Reintroduction (8-12 weeks)	IF symptoms improve, reintroduce each FODMAP group one at a time - *challenges*. Have one FODMAP everyday for 3 days in a row.
3. Personalisation (long--term)	Use Step 2 to identify which FODMAPS are tolerated & which to avoid.

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Low FODMAP foods

Vegetables	Eggplant, green beans, bok choy, green capsicum, carrot, cucumber, lettuce, potato, bean shoots, zucchini
Fruits	Rock melon, kiwi fruit, mandarin, orange, pineapple, strawberries, dried cranberries
Dairy & alt	Almond milk, brie/camembert, feta, hard cheeses, lactose-free milk, soy milk (from soy protein)
Protein	Eggs, firm tofu, plain meats/-seafood, tempeh, lentils, chickpeas
Breads/cereal	GF corn flakes, oats, quinoa, rice, corn pasta, rice cakes, sourdough spelt bread, wheat/rye/barley free breads
Sweeteners	Dark chocolate, maple syrup, rice malt, normal sugar
Nuts/Seeds	Macadamia, peanuts, pumpkin seeds, walnuts
Flavour enhancers	garlic infused oil, chives, green tips spring onion, Dijon mustard, vinegar, citrus juice, fresh herbs, soy sauce, spices, ginger, capers, olives

Low FODMAP foods (cont)

IN LOW QUANTITIES	broccoli (head only), beetroot, corn, cabbage, cauliflower, celery, peas, sweet potato, pumpkin, tomato, avo, dates, lychee

NERVA

6-week program of gut-directed hypnotherapy (GDH) to help people manage symptoms

Daily 15-minute audio hypnotherapy sessions

Includes breathing exercises, educational content, and a flare-up toolkit

Improvements in abdo pain, symptom severity, anxiety and overall mental wellbeing

Similar results to low FODMAP

Around $150-$300 (depending on plans)

Red flags

Unexplained weight loss	family hx of bowel cancer
age onset 50+ years	fever
rectal bleeding	recurrent vomiting

Consider

stress/anxiety - work? home life?	disorder eating patterns
coeliac testing	pregnancy
medications/supplements (antibiotics?)	alcohol consumption

Example PESS

Altered GI function (bloating) (NC-1.4)	Inadequate energy intake

Example low FODMAP meals

Lemon/herb grilled chicken/fish with roast veg (carrot, potato, capsicum, zucchini, eggplant) & quinoa

Grilled Fish/Chicken Tacos (GF wraps) w/ lime juice, shredded lettuce, grated carrot, cucumber

Omelette/frittata - zucchini, spinach, feta, chives, herbs, broccoli

Stir-Fry with Rice (green beans, bok choy, carrot, green capsicum)

Fried rice - corn, carrot, green capsicum, spring onion, egg

Homemade Pizza (GF base): green capsicum, cheese, tomato paste, grilled chicken

Rice paper rolls - cucumber, capsicum, herbs, prawns

Snacks: Carmens nut or fruit free muesli bar, corn chips, LF Yoghurt, hard-boiled eggs, rice cakes w/ peanut butter, hard cheese, rice crackers, corn/rice cruskits, plain popcorn, pretzels, dark choc, zucchini slice

By **Michellephillips02**

cheatography.com/michellephillips02/

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