

Further information

For further information and support you can log on to www.theibsnetwork.org

Factsheets on diet in IBS are available to download from the Irish Nutrition & Dietetic Institute website - www.indi.ie

Comments from previous Gut Therapy participants

Excellent, clear, precise & informative, friendly group session

I found the class really helpful, looking forward to putting some new things in place

I've learned some new things... I look forward to trying the new things I've learned and look forward to coming back

I feel like I've something small and practical to try. Thank you!

Reassuring that the symptoms I have are not life threatening

We would like to hear your feedback

Did you find this leaflet helpful?

How can we improve?

Return/email suggestion to:

IBSDietitian@tuh.ie



Tallaght University Hospital

Ospidéal Ollscoile Thamhlachta

An Academic Partner of Trinity College Dublin

PATIENT INFORMATION LEAFLET

IBS

Getting a diagnosis of Irritable Bowel Syndrome





What is IBS?

IBS is the name given to a chronic bowel disorder consisting of frequent abdominal discomfort and bowel symptoms which vary from person to person.

IBS occurs in 10-20% of the population. Although lifelong and distressing, IBS can be controlled by making small changes to diet and lifestyle.

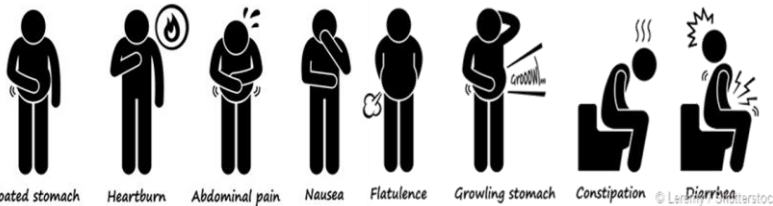
IBS does not progress or make you more likely to develop other bowel conditions.

Diagnosis

There is no test that is specific for IBS therefore the diagnosis is made based on symptoms and history. Invasive tests such as colonoscopy are typically not required.

IBS Symptoms

Abdominal pain	Passing wind frequently
Diarrhoea	Tiredness
Constipation	Nausea
Bloating	Indigestion, belching



What causes IBS?

There is no definite cause for IBS. Causes of IBS may be different for each individual. Your cause may not be obvious and there may be more than one.

Possible causes of IBS

- Change in gut bacteria after infection or antibiotics
- Stress / trauma
- Increased gut sensitivity

How is IBS treated?

At present we do not know which treatment works best for which type of IBS, especially if the cause of IBS is unknown. We often take a trial and error approach until we find a treatment that works. Treatments can include medications however **lifestyle changes such as diet, sleep, exercise, and stress management have been proven to be most effective.**

Psychological treatments such as cognitive behavioural therapy and gut directed hypnotherapy also have a role.

What happens next?

Now that you have been diagnosed you will receive an IBS screening pack in the post. When you return the completed forms to us we will arrange an appointment for our Gut Therapy programme without delay.

What is Gut Therapy?

Gut Therapy is a new service funded by Tallaght University Hospital for the management of IBS. The programme was developed with our Gastroenterologists and is facilitated by Clinical Specialist Dietitians. It involves up to four group information sessions and / or individual appointments with the dietitian. These sessions give you the most up to date ways to manage the symptoms of IBS.

Individuals will not be asked to discuss their own experiences or symptoms at the groups. They are given the information necessary to develop their own personal targets and gain control over their symptoms.

Sessions last approximately one hour and take place a few months apart so we can monitor your progress, which we share with your GP and consultant.

