



Wellness Center

Lake Shore Campus · Granada Center 310
6439 N. Sheridan Road · Chicago, IL 60626
P · 773.508.2530 F · 773.508.2505
W · <https://www.luc.edu/wellness>

Health Sciences Campus · Cuneo Center 400
2160 South First Avenue · Maywood, IL 60153
P · 708.216.2250 F · 708.216.2070

Water Tower Campus · Terry Student 250
26 E. Pearson St. · Chicago, IL 60611
P · 312.915.6360 F · 312.915.6362

Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) is recurrent abdominal pain occurring at least one day per week in the last three months with two or more of the following additional symptoms: related to defecation, associated with a change in frequency of stool, or associated with a change in form (appearance) of stool. There are several subtypes of IBS:

- IBS with predominant constipation (IBS-C) – abnormal bowel movements are usually constipation
- IBS with predominant diarrhea (IBS-D) – abnormal bowel movements are usually diarrhea
- IBS with mixed bowel habits (IBS-M) – abnormal bowel movements are usually both constipation and diarrhea (more than one-fourth of all the abnormal bowel movements were constipation and more than one-fourth were diarrhea)
- IBS unclassified – those who meet diagnostic criteria for IBS but cannot be accurately categorized into one of the other three subtypes

A diet low in gas-producing foods may benefit and improve symptoms for patients with IBS. Such diet consists of limiting fermentable oligo-, di-, and monosaccharides and polyols (FODMAPs). See below table for examples. Following a low FODMAP diet may reduce bloating and associated abdominal pain in those with IBS. A trained dietitian should provide a low FODMAP diet and education; low FODMAP diet and education consists of initially eliminating FODMAPs from the diet for six to eight weeks and gradual reintroduction of foods high in fermentable carbohydrates to determine individual tolerance to specific fermentable carbohydrates. In select cases, avoiding lactose may alleviate symptoms of IBS. Additionally, those with IBS should consume adequate amounts of soluble fiber. Examples of soluble fiber include apples, beans, barely, carrots, oats, peas, and citrus fruits. Supportive measures for IBS also include adequate and regular physical activity, sleep, and stress management.

	Word that corresponds with the letter in acronym	Compounds in the category	Examples of foods containing compounds
F	Fermentable		
O	Oligosaccharides	Fructans, galacto-oligosaccharides	Wheat, barley, rye, onion, leek, garlic, shallot, artichokes, beetroot, fennel, peas, cashews, legumes, lentils, chickpeas
D	Disaccharides	Lactose	Milk, custard, ice cream, yogurt
M	Monosaccharides	“Free fructose”	Apples, pears, honey, high fructose corn syrup, watermelon, cherries, mango
A	And		
P	Polyols	Sorbitol, mannitol, maltitol, xylitol	artificially sweetened chewing gum and confectionery (sugar free)

Guidance of a registered dietitian can help manage and regulate IBS symptoms through development of an eating plan with foods you enjoy. To schedule an appointment, call Dial-A-Nurse at 773-508-8883 or book online at <https://www.luc.edu/wellness/nutrition/>. If you are experiencing rectal bleeding, significant weight loss, nocturnal symptoms, or an unexplained iron deficiency anemia a gastroenterologist/specialist’s attention may be necessary.