

# **Irritable Bowel Syndrome (IBS)**

With IBS, the colon, also called the large intestine or large bowel, is more sensitive than normal. The colon over reacts to medicines, food such as chocolate, milk products, alcohol and caffeine, and stress.

## **Signs of IBS**

- Cramping pain
- Gas
- Bloating
- Constipation
- Diarrhea
- Mucus with bowel movements

## **Your Care**

IBS is often diagnosed after checking for other illnesses. You may have:

- An exam
- Lab tests of blood and stool
- A test to look inside the colon

It may take some time, but you will find the ways that work best to manage your IBS. You may need to:

- Avoid the medicines, food, and stress that worsen your signs.
- Eat a high fiber diet. High fiber foods include wheat bran, whole grain breads and cereals, peas and beans, nuts, and fresh fruits and vegetables.
- Take medicine to decrease colon cramping.

**Talk to your doctor or nurse if you have any questions or concerns.**