

HOW TO TREAT AND MANAGE IBS-C

Irritable Bowel Syndrome with Constipation

Diet & Lifestyle Changes

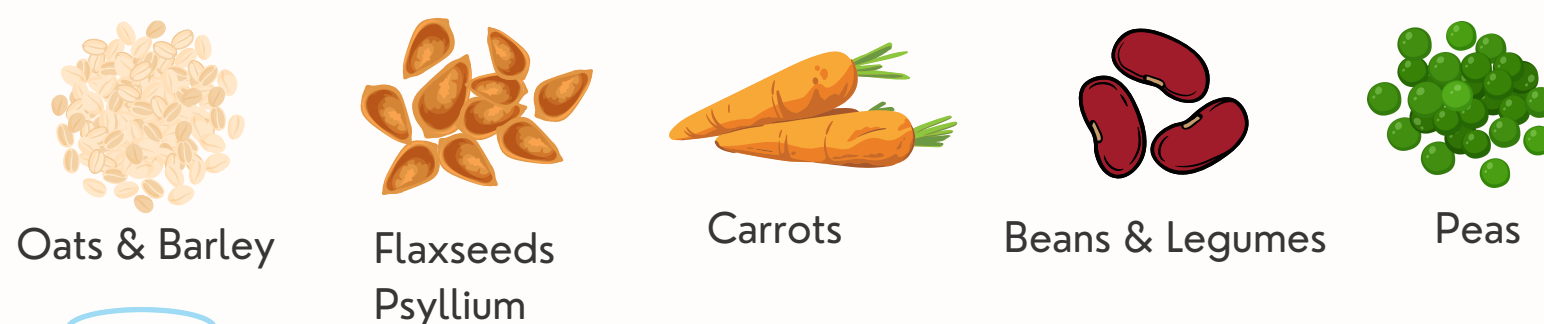


Soluble Fibre Intake

Increases gut motility which can help with constipation symptoms associated with IBS-C.¹

& Proper Hydration

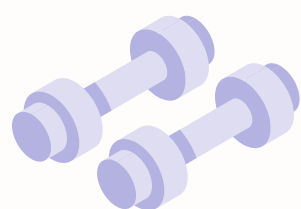
Foods that are high in soluble fibre include:



Women should consume about 2 litres and men 2.5 litres of water per day.



Eat smaller, more frequent meals at regular intervals.²



Exercise is an effective long-term treatment option.³



Alcohol consumption is harmful for some people, while others report no difference in symptoms after consuming it.⁴

- Eat Regularly & Intentionally
- Manage Stress
- Exercise
- Reduce Alcohol Consumption



If your symptoms do not improve after diet & lifestyle changes, you may require further intervention.

Medications and Natural Remedies

Over the Counter (OTC) and prescription therapies.



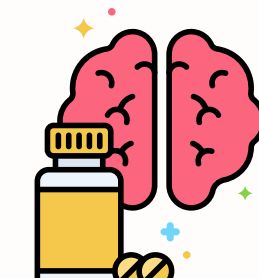
Laxatives



Antispasmodics



Peppermint Oil⁵



Antidepressants



Prescription Medications

- Plecanatide (Trulance)
- Linaclotide
- Tenapanor



Studies have shown that seeing a therapist specialized in CBT improves GI symptoms in IBS patients.



Therapy can have a positive impact on both the psychological and physical symptoms associated with IBS-C.

Cognitive-Behavioural Therapy

A form of psychological treatment that aims to help people better cope with problems by changing thinking and behaviour patterns.



IBS is different for everyone. Always consult your physician or a registered dietitian before implementing any treatment options.

1. Moayyedi, P., Andrews, C. N., MacQueen, G., Korowyn, C., Marsiglio, M., Graff, L., Kwem, B., Lazarescu, A., Liu, L., Paterson, W. G., Sidani, S., & Vanner, S. (2019). Canadian Association of Gastroenterology Clinical Practice Guideline for the Management of Irritable Bowel Syndrome (IBS). *Journal of the Canadian Association of Gastroenterology*, 21(1), 6-29. <https://doi.org/10.1093/cag/gwz071>
2. Cozma-Petruș, A., Loghin, F., Miere, D., & Dumitracu, D. L. (2017). Diet in irritable bowel syndrome: What to recommend, not what to forbid to patients? *World Journal of Gastroenterology*, 23(21), 3771. <https://doi.org/10.3748/wjg.v23.i21.3771>
3. Johannesson, E. (2015). Intervention to increase physical activity in irritable bowel syndrome shows long-term positive effects. *World Journal of Gastroenterology*, 21(2), 600. <https://doi.org/10.3748/wjg.v21.i2.600>
4. Reding, K. W., Cain, K. C., Jarrett, M. E., Eugenio, M. D., & Heitschper, M. M. (2013). Relationship Between Patterns of Alcohol Consumption and Gastrointestinal Symptoms Among Patients With Irritable Bowel Syndrome. *American Journal of Gastroenterology*, 108(2), 270-276. <https://doi.org/10.1038/ajg.2012.414>
5. Ford, A. C., Talley, N. J., Spiegel, B. M. R., Fox-Orenstein, A. E., Schiller, L., Quigley, E. M. M., & Moayyedi, P. (2008). Effect of fibre, antispasmodics, and peppermint oil in the treatment of irritable bowel syndrome: Systematic review and meta-analysis. *BMJ*, 337(nov13 2), a2313-a2313. <https://doi.org/10.1136/bmj.a2313>