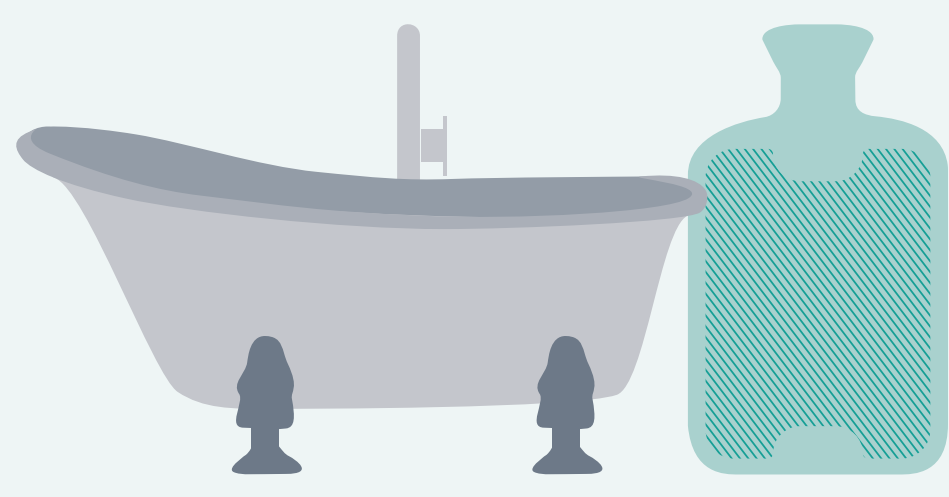


Relieving symptoms of an IBS attack

Use heat



Use a hot water bottle, or take a relaxing warm bath.

Sip peppermint tea



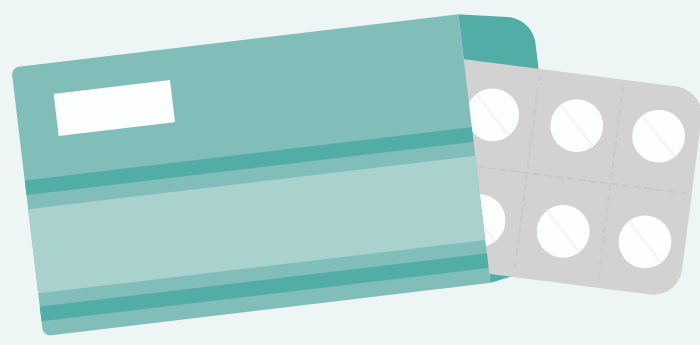
Drinking non-caffeinated beverages can help to soothe your stomach.

Try relaxation techniques



Meditation, deep breathing, visualisation and muscle relaxation can all help.

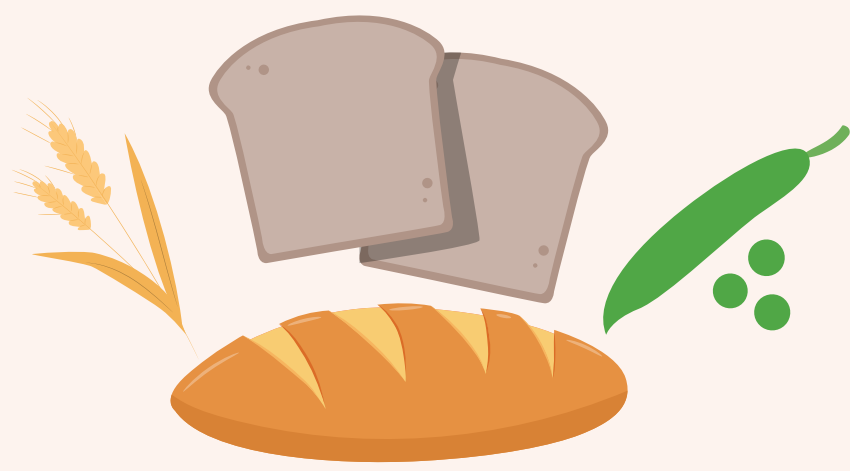
Try medication



Antispasmodics, laxatives or antidiarrhoeals may help relieve your symptoms. Talk to your doctor or pharmacist about which medicine is right for you.

Preventing an IBS attack

Know your FODMAPs



FODMAPs are types of carbohydrates found in certain foods, including wheat and beans. These can contribute to symptoms of IBS.

Manage your diet



Try to eat at regular times, increase your fibre intake and drink plenty of fluids.

Keep a food journal



Keep a food journal to help identify and avoid triggers.

Exercise regularly



Exercising regularly and maintaining a healthy weight can help reduce the symptoms of IBS.