

# IBS

## Do's and Don'ts

April is IBS Awareness Month.  
Learn how to better manage symptoms of  
irritable bowel syndrome.

### DO's

**DO eat smaller meals** five to six times a day.

**DO eat as slowly** as possible.



**DO exercise** as much as possible.

**DO skip large, heavy, fatty meals.**

**DO reduce your intake of flatulence-causing foods**—such as broccoli, cabbage or beans—to see if that makes a difference.

**DO try probiotics for a month** to see if they help.



**DO try taking soluble dietary fiber** daily.



**DO keep a food and symptom diary** to show your doctor.

**DO talk to your doctor** about all of your symptoms, no matter how embarrassing they may seem.



### DON'Ts

**DON'T eat foods with insoluble fiber, chocolate or nuts.**



**DON'T drink coffee or other caffeinated beverages.**

**DON'T skip meals,** especially breakfast.



**DON'T eat spicy, processed or fatty foods.**



**DON'T eat more than three servings of fruit** daily.



**DON'T drink alcohol or carbonated beverages.**

**DON'T take opioids** to manage your pain.

**DON'T neglect your personal relationships or your sex life** out of embarrassment over your symptoms. Emotional stress can make your symptoms worse.



Providers at Weill Cornell Medicine can help you successfully manage your IBS symptoms. Make an appointment today.