

# IBS

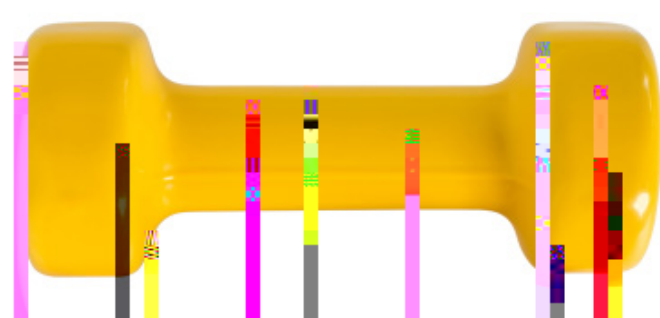
## Do's and Don'ts

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