

# Do you have irritable bowel syndrome (IBS)?



**Every year, 10-15% of adults in the United States suffer from Irritable Bowel Syndrome, or IBS. If you have the following symptoms, you could have IBS:**

- Repeated pain in your abdomen (lower belly)
- Changes in your bowel movements that could be diarrhea, constipation, or both
- Nausea or vomiting

Doctors are not sure what causes IBS, but they can find out if you have IBS or another problem. They can help you find a treatment to feel better.

**There are many treatment options. Here are some things that doctors may recommend to treat IBS:**

- Changing what you eat
- Taking probiotics or other medicines
- Find ways to reduce stress, like meditation or talking to a counselor

If you think you have IBS, call your primary care provider (PCP) and make an appointment today!



**Need transportation** to your doctor appointment? Call **(866) 907-1493**.

**Need to find a doctor?** Visit [molinaproviderdirectory.com/wi](https://www.molinaproviderdirectory.com/wi) or call us at **(888) 999-2404 (TTY: 711)**, Monday-Friday, 8 a.m. – 5 p.m.

# Eating for IBS

One of the ways you may be able to ease your IBS symptoms is to eat a healthy diet that is high in fiber and low in gluten. You can also try to avoid saturated fats. Be sure to drink plenty of water. When choosing new foods, make sure to consider any other health issues or food allergies you might have.

## Here are some examples of IBS-friendly foods:

- Lean meats, such as white meat chicken or turkey
- Eggs
- Fatty fish, such as salmon or whitefish
- Cooked vegetables without butter or spices
- Leafy greens like collard greens or kale
- Fruits that are lower in sugar, like berries or melons
- Raw nuts or nut butter without salt or sugar
- Seeds like sunflower or pumpkin seeds
- Fermented foods with probiotics, like yogurt or sauerkraut
- Bone broth



## Sources:

<https://www.niddk.nih.gov/health-information/digestive-diseases/irritable-bowel-syndrome>

<https://gi.org/topics/irritable-bowel-syndrome/>

<https://www.verywellhealth.com/the-ten-best-foods-for-ibs-1945014#:~:text=You%20can%20ease%20your%20IBS,flora%20in%20you%20have%20IBS.>