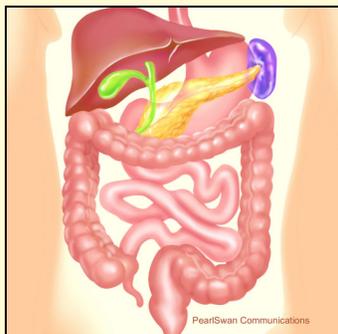


Patient Education Program

An Introduction to Irritable Bowel Syndrome



What is the ideal Bowel Movement?

The perfect bowel movement passes within seconds, without pushing, straining or waiting for it to finish. It cleans easily, without messing the surrounding area. It does not cause pain, or bleeding.

How often should I have a Bowel Movement?

It would be best to have one bowel movement a day. However, it is not abnormal to miss a day or two, or have several in one day.

What is Irritable Bowel Syndrome?

Irritable Bowel Syndrome is a combination of, bloating with abdominal pains, coupled with either constipation, diarrhea, or both. It is caused by un-coordinated contractions of the bowel wall.

There is nothing you did to 'get this'.

It would be kinder to call this problem irregularity.

1. Constipation Dominant Irregularity:

- Infrequent Bowel Movements
- Problem evacuating (getting the stool out)
- May be associated with abdominal cramps
- May cause hemorrhoidal pain.

2. Diarrhea Dominant Irregularity:

- Multiple loose stools per day
- Often associated with abdominal cramps
- May cause hemorrhoidal pain.

What else causes Irregularity?

- Insufficient fiber
- Hormonal imbalances
- Lactose Insufficiency
- Colitis; Food poisoning, Ulcerative Colitis, Crohn's Disease, Antibiotic Associated
- Medications
- Mechanical Blockage

Treating Constipation Dominant Irregularity:

- Normal-Mild:	High fiber diet, Benefiber
- Mild-Moderate:	Fiber Supplement: powder
- Moderate-Severe:	Miralax, Lactulose, Amitiza

Treating Diarrhea Dominant Irregularity:

- Normal-Mild:	Fiber Supplement; pill
- Mild-Moderate:	Lactose free diet, Imodium
- Moderate-Severe:	Lomotil, Questran

For mild or moderate symptoms, start with a fiber supplement: Psyllium seed is the best. It is a natural product. It can help both Diarrhea, and Constipation. It has also been shown to lower your cholesterol.

How does Fiber work?

Fiber supplements work by absorbing water. This forms into a soft gel that mixes into what will become the bowel movement later in the week.

It is not a laxative. It does not work immediately. The dose you take today, affects the B.M. tomorrow.

- For Constipation, taking the **powder** form will absorb the water you drink, and mix it into the stool. Hard stools will become softer, and more frequent.
- For Diarrhea, the **pill** form will absorb excess water in your system, and give you a more formed bowel movement. Loose stools will solidify, and come less often.

Your Program:

Metamucil Citrucel _____

Pill Powder Cookie
Sugar-free/ Regular

One Teaspoon/Teaspoon with 8 oz. of water;

Or ___ Pills with ___ oz's of water

Once a day Twice a Day

Is there testing that I should have?

Depending on your symptoms, age and risk factors for an underlying problem, you may need to have:

- Blood testing, Stool testing
- Lower GI X-ray, or Virtual Colonoscopy
- Sigmoidoscopy
- Colonoscopy