

IRRITABLE BOWEL SYNDROME (IBS)

DEFINITION

Irritable bowel syndrome (IBS) is a common chronic condition that affects the large intestine. It does not seem to have a specific origin, but generally related to lifestyle and health habits. The main symptoms are pains, bloating, a rumbling stomach, diarrhoea and/or constipation. These generally don't affect sleeping quality; however, they come and go and can last up to several weeks or months at a time. The symptoms from the large intestine often cause a sore throat or difficulty swallowing, tiredness, incontinences, and lower-abdominal discomfort. The latter is what brings women to a gynaecology clinic.

ORIGIN

IBS touches 15-20% of all adult women though at varying degrees, and it's double as common among women as it is among men. The symptoms often appear at a young age and repeatedly, often due to stress.



TREATMENT

Simply changing lifestyle and health habits can go a long way in treating IBS. Reducing stress and increasing exercise are key. As a rule of thumb prioritise fibre and avoid big meals. It is especially important to avoid food items which trigger the symptoms, such as dairy, coffee, fatty products, alcohol, products with sorbitol, and high-gas foods (broccoli, cabbage, beans, etc).

Medicine intake must be reviewed by a doctor. Painkillers such as morphine, magnyl, and arthritis treatments should be avoided as much as possible.

The best way to treat constipation is generally fibre supplements and laxatives, whilst Re-tardin® or Imodium®/Travello® are efficient for diarrhoea.

- ❖ Fibre supplements: 10-30g wheat bran daily or 5-15g sand plantain daily
- ❖ Laxatives: 0.5-2g magnesium oxide daily or 15-30ml lactulose daily
- ❖ Agents to promote peristalsis: Primp-eran®, Prepulsid, or Motilium
- ❖ Stopping agents: Retardin®, Imodium®/Travello® or Questran®.

WHO CAN I CALL WITH QUESTIONS?

You are welcome to call Kvindeklivikken every weekday from 8.00 - 15.00 on 36 46 71 40.

Revised April 2020. To be revised on an ongoing basis and certainly no later than 1 April 2022, before in case of any significant changes.