

Abdominal Pain and Bloating Handout

The primary reason for abdominal discomfort and bloating is an excessive buildup of gas in the intestines. If you experience bloating after a meal, it could be a result of a digestive issue, such as overeating or a food intolerance.

Here are some suggestions to help manage abdominal pain and bloating:

Low FODMAPs Diet

Following a low FODMAPs diet for 4 weeks can help reduce symptoms of bloating, gas and abdominal pain. A low FODMAPs diet eliminates certain foods that are difficult to digest and can contribute to symptoms. There are many online resources for this diet. Some foods to avoid include:

- Foods high in fructose (such as fruits like apples, pears and mango)
- Foods high in lactose (such as milk, yogurt, and soft cheeses)
- Foods high in fructans (such as wheat, onions, and garlic)
- Foods high in galactans (such as beans, lentils, and soy products)

Constipation Avoidance and Management

To avoid constipation, it is important to maintain a healthy diet that includes:

- Increase your dietary fiber intake: Aim to consume 25-40 grams of fiber per day. Good sources of fiber include whole grains, fruits, vegetables, and legumes.
- Try prunes: Prunes are high in fiber and natural sugars that can help soften stools and stimulate bowel movements.
- Eat more fruits: Regularly incorporating a variety of fruits into your diet can also help regulate bowel movements.
- Exercise regularly: Try to get at least 30 minutes of physical activity each day. Exercise helps to stimulate the muscles in your intestines and promote regular bowel movements.
- Stay hydrated: Adequate water intake is essential for preventing constipation. Aim to drink at least 8 cups of water per day.
- Consider fiber supplements: Fiber supplements such as Metamucil or Benefibre can help increase the bulk and moisture of your stools.
- Use PEG 3350: PEG 3350 is a type of laxative that works by increasing the amount of water in your stools. It can be taken once to twice daily as needed.
- Try stimulant laxatives: If other measures don't work, stimulant laxatives such as Senna or Bisacodyl can be used once or twice a week to help promote bowel movements.

Created by Dr. Julie Wilson February 10, 2023