

Advice and support

For help with your diet, exercise or weight loss visit:

Bristol

www.bristol.gov.uk/grt-bristol/health/healthy-living

North Somerset

www.n-somerset.gov.uk/my-services/health-wellbeing

South Gloucestershire

www.oneyou.southglos.gov.uk/for-your-body/

The Association of UK Dietitians

www.bda.uk.com



For help with symptoms visit the NHS website

www.nhs.uk/symptoms/

For help with irritable bowel syndrome (IBS)

The IBS network is a national charity that helps to support people living with irritable bowel syndrome

www.theibsnetwork.org; telephone 0114 272 3253

Self-help books available from your local library

- Irritable Bowel Syndrome: Navigating Your Way to Recovery. Dr Megan Arroll and Professor Chistine Dancey
- Irritable Bowel Syndrome: Answers at your fingertips. Ehoud Shmueli

See your GP if:



- You've lost weight without trying
- There is blood in your vomit or poo
- You have signs of an infection, like a high temperature or feeling hot or shivery
- You have indigestion for the first time and are over 55 years old
- You have difficulty swallowing or you keep vomiting



**Healthier
Together**



**Bristol, North Somerset
and South Gloucestershire**
Integrated Care Board

How to keep your gut healthy

How to keep your gut healthy

Do



- Prepare homemade meals using fresh ingredients where you can
- Try to find ways to relax (take a break, exercise, get outdoors, meditation)
- Try buying probiotics for a month to see if they help (e.g. tablets or natural yoghurt)
- Reduce tea, coffee, fizzy drinks and alcohol
- Prop your head and shoulders up in bed – this can stop stomach acid coming up while you sleep
- Lose weight if you're overweight
- Keep a diary of what you eat and avoid things that trigger your symptoms

Avoid

- Delaying or skipping meals
- Eating too quickly
- Eating lots of fatty, spicy or processed foods
- Eating large meals
- Eating within 2-3 hours before going to bed
- Taking ibuprofen or aspirin (unless on advice of healthcare professional) – this can make indigestion worse
- Smoking
- Clothing that is too tight around the middle

How to relieve constipation

Drink plenty of water to help make your poo soft

Increase how much soluble fibre you eat – good foods include oats, pulses, carrots, peeled potatoes, prunes and linseeds.

Increase activity. A daily walk or run can help you to poo more regularly

If changing your diet/activity has not worked, speak to your community pharmacist for a suitable laxative

Improve your toilet routine



Keep to a regular time and place and give yourself plenty of time to use the toilet.

Don't delay if you feel the urge to poo.

To make it easier to poo, try resting your feet on a toilet squat stool while going to the toilet. If possible, raise your knees above your hips.