

Mistakes in dietary management of IBS and how to avoid them

Jean W.M. Muris

Mistakes In Articles

Neurogastroenterology & Motility

January 27, 2022

People with IBS commonly identify food as a symptom trigger and often try dietary modifications independently, yet surveys show less than 10% value dietary intervention from their GP despite nearly all GPs starting treatment with nutritional advice.

KEY POINTS

- More than 85% of people with IBS indicate that food is one of the triggers for their gastrointestinal symptoms.
- Many people with IBS have tried diets, eliminated certain foods, taken supplements or used over-the-counter remedies before consulting a doctor or dietitian.
- According to surveys of patients' expectations in primary care, patients with IBS expect their GP to provide reassurance or drug treatments, but less than 10% value dietary intervention.
- Almost 95% of general practitioners report that they start the treatment of IBS by giving nutritional advice.
- Dietary interventions are given a prominent place in guidelines as both first- and second-line treatments for IBS.

VIEW THIS CONTENT ON GUTFLIX

<https://gutflifx.eu/search/d/24f7a846-9363-11ed-b89a-0242ac140004>



AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.