

Irritable Bowel Syndrome (IBS)

With IBS, the colon, also called the large intestine or large bowel, is more sensitive than normal. The colon overreacts to medicines, food such as chocolate, milk products, alcohol, caffeine and stress.

Signs of IBS

- Cramping pain
- Gas
- Bloating
- Constipation
- Diarrhea
- Mucus with bowel movements

Your Care

IBS is often diagnosed after checking for other illnesses. You may have:

- An exam
- Lab tests of blood and stool
- A test to look inside the colon

It may take some time, but you will find the ways that work best to manage your IBS. You may need to:

- Avoid the medicines, food and stress that worsen your signs.

Syndrome du côlon irritable (SCI)

En cas de SCI, le côlon, également appelé gros intestin, est plus sensible que d'habitude. Le côlon réagit de manière excessive aux médicaments, à la nourriture comme le chocolat, les produits laitiers, l'alcool, la caféine, et le stress.

Signes du SCI

- Douleurs coliques
- Gaz
- Ballonnements
- Constipation
- Diarrhée
- Mucus dans les selles

Vos soins

Le SCI est souvent diagnostiqué après avoir vérifié d'autres maladies. Vous pourrez subir :

- Un examen
- Des analyses sanguines et de vos selles en laboratoire
- Un examen pour inspecter l'intérieur du côlon

Cela peut prendre du temps, mais vous trouverez les meilleures solutions pour prendre en charge votre SCI. Il est possible que vous deviez :

- Éviter les médicaments, la nourriture, et le stress qui aggravent vos signes.

- Eat a high fiber diet. High fiber foods include wheat bran, whole grain breads and cereals, peas and beans, nuts, and fresh fruits and vegetables.
- Take medicine to decrease colon cramping.

Talk to your doctor or nurse if you have any questions or concerns.

2005 – 1/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

- Suivre un régime alimentaire riche en fibres. La nourriture riche en fibres comprend le son de blé, le pain complet et les céréales, les pois et les haricots, les noix, les fruits frais et les légumes.
- Prendre des médicaments pour soulager vos douleurs coliques.

Parlez à votre médecin ou à votre infirmière si vous avez des questions ou des inquiétudes.

2005 – 1/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

IBS. French.