

# 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:

# Síndrome del colon irritable (IBS)

Si se sufre del síndrome del colon irritable (IBS, por sus siglas en inglés), el colon, también llamado intestino grueso, se torna más sensible de lo normal. El colon reacciona en forma exagerada a los medicamentos, a los alimentos como el chocolate, los productos lácteos, el alcohol y la cafeína, así como también al estrés.

## Signos de IBS

- Retorcijones
- Gases
- Hinchazón
- Estreñimiento
- Diarrea
- Mucosidades en las deposiciones

## Cuidados

A menudo, se diagnostica el síndrome del colon irritable al buscar otras enfermedades. Puede someterse a:

- un examen,
- exámenes de laboratorio de sangre y deposiciones,
- un examen para ver dentro del colon.

Puede tomar algún tiempo, pero encontrará aquello que funcione mejor para controlar su síndrome del colon irritable. Es posible que deba:

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

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- evitar los medicamentos, los alimentos y el estrés que empeoran sus signos;
- consumir una dieta con alto contenido de fibra. Los alimentos con alto contenido de fibra incluyen el salvado de trigo, panes y cereales integrales, chícharos y frijoles, nueces, así como frutas y verduras frescas;
- tomar medicamentos para disminuir los retorcijones del colon.

**Hable con su médico o enfermera si tiene alguna pregunta o duda.**

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IBS. Spanish.