

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

Calaamadaha Lurta Leh ee Saxarada (Irritable Bowel Syndrome [IBS])

Marka la qabo IBS, xiidanka, oo sidoo kalena loo yaqaanno xiidmaha ballaaran ama malawadka ballaaran, wuu ka nugul yahay midka caadiga ah. Xiidanku waxaa uga sii dara daawooyinka, cuntada sida shulukaatada, waxyaabaha caanaha laga sameeyey, khamrada iyo maadada kiimikada ah eek u jirta shaaha iyo bunka, iyo walwalka.

Calaamadaha IBS

- Xanuun casiraad leh
- Hawo gaas ah
- Dibbiro
- Calool istaag
- Shuban
- Malax soo raacda saxarada

Daryeelkaaga

IBS waxaa badanaa la baaraa marka la hubiyo jirrooyinka kale ka dib. Waxaa laga yaabaa inaad marto:

- Intixaan
- Baaritaanno shaybaar ee dhiigga iyo saxarada
- Baaritaan lagu eegayo gudaha xiidanka

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.
- 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.

Waxaa laga yaabaa iney qaadato waxoogaa waqti ah, laakiin waad ogaan doontaa siyaabaha ugu wanaagsan ee lagu maamulayo IBS. Waxaa laga yaabaa inaad u baahato:

- Inaad ka fogaato daawooyinka, cuntooyinka, iyo walwalka calaamadaha uga sii daraya.
- Inaad cunto cunno faybarku ku badan yahay. Cuntooyinka faybarku ku badan yahay waxaa ka mid ah qamadiga buunshaha leh, rootiga miraha aan buunshaha laga saarin laga sameeyey iyo siiriyaalka, digirta cagaaran iyo midda cas, miraha iyo khudradda marka la soo gooyey.
- Inaad qaadato daawooyin si hoos loogu dhigo casiraadda xiidanka.

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su‘aalo ama walaacyo ah qabtid.

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. Somali.