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## Ibs unsettled stomach

Was the digestive system acting up? Are you experiencing abdominal pain, cramps, gas, bloating, diarrhea and/or constipation on a regular basis? Would you know if this is irritable bowel syndrome (IBS), something more serious, or just something else entirely? Take a look at some signs and symptoms that indicate a health problem other than IBS. These signs don't all mean that you don't have IBS, just that they might be worth looking deeper into. Remember to tell your doctor about any symptoms you have regularly, whether they appear on this list or not. 1 Eva Katalin Kondoros/Getty Images Although excessive intestinal gas and bloating are common symptoms in IBS, the timing of the onset of these symptoms can give you some valuable information. It generally takes about 90 minutes for any undigested carbohydrates to reach the large intestine, where they are laid on by gut bacteria, resulting in a fermentation process that produces gas. Therefore, if your gassiness occurs before that mark of 90 minutes, it could indicate that you have more bacteria in your small intestine than you should. This is a condition known as small bacterial bacterial overgrowth (SIBO). SIBO is diagnosed by using hydrogen breath testing and can be treated with selected antibiotics. If gas and bloating happen within an hour and a half of eating, it does not mean that your doctor was wrong about your IBS. It's just that it might be worth your while to be tested for SIBO. 2 Peter Fall/Bank Image/Getty Images Frequent bouts of diarrhea are a distinctive symptom of IBS, as well as inflammatory bowel disease (IBD) and celiac disease. The simple act of eating can strengthen intestinal contractions leading to episodes of diarrhea. However, there are a number of not-quite-as-common conditions that would cause one to experience emergency diarrhea immediately after eating. Your doctor may consider Bile Acid Malabsorption Syndrome from the very beginning Remember that these conditions are relatively rare and it is possible that diarrhea after eating is simply a symptom of IBS. But if reading about these conditions makes you wonder, discuss your thoughts with your doctor. 3 Universal Images Group/Getty Images Official Diagnostic Criteria (ROMA IV) for IBS specify that abdominal pain and cramps related to bowel movements. Although many patients will tell you that this is not always the case, in IBS there is a feeling that their pain and cramps is linked to diarrhea or symptoms of constipation. Any persistent symptoms of pain should be brought to your doctor's attention. If you already have an IBS diagnosis, but that your pain is not typical of IBS, tell your doctor immediately. 4 Rafe Swan/Culture/Getty Images on or in the chair is not a symptom of IBS. Any sign of blood in the toilet following an intestinal movement (with the notable exception of menstrual blood) should be brought to your doctor's attention as as much as possible. Although sometimes such a blood is only the result of a hemorrhoid, bloody stools can also be a symptom of IBD or colon cancer. Tell your doctor. 5 Maximilian Stock Ltd./Photolibrary/Getty Images For many people, wheat and other foods containing gluten, it can lead to IBS-like symptoms. It is recommended that all people who have IBS be tested for the presence of celiac disease. For testing to be conclusive, you need to eat gluten-containing foods. Since celiac disease presents a higher risk of other health problems, it is essential to determine whether or not you have the disease. If you do not have celiac disease, IBS symptoms can certainly be triggered by eating wheat. You may have a condition known as non-celiac gluten sensitivity or it is entirely possible to react to fructans, a type of FODMAPs, which is present in wheat products. 6 Westend61/Getty Images Vomiting is not a symptom of IBS. This is not to say that some people who have IBS do not experience nausea and vomiting from time to time, but this is not because of their IBS. There are a large number of health conditions that can lead to the symptom of vomiting. It is essential to tell your doctor if you have vomiting frequently. Seek immediate medical attention if you have uncontrollable vomiting or vomitwith blood. There is a health condition, classified as IBS as a functional gastrointestinal disorder, called cyclic vomiting disorder (CVS). In CVS, a person experiences episodes of vomiting without any other signs of illness. 7 Peter Dazeley/Photographer's Choice/Getty Images Although IBS may cause some weight loss if you are avoiding food for fear of setting off symptoms, significant and unexplained weight loss is not a symptom of IBS and therefore may be indicative of a more serious health problem. Along the same vein, poor appetite, not explicable for fear of eating trigger foods, is not a symptom of IBS. 8 BSIP/UIG Universal Images Group/Getty Images IBS should not make you have a fever. Possible reasons behind recurrent fevers are infections, inflammatory conditions, autoimmune conditions and cancer. If you have recurrent fever, you should bring this to the immediate attention of your doctor. 9 Jamie Grill/Bank Image/Getty Images Although many people who have IBS report that they often feel that they lack energy, fatigue is not a symptom of IBS. If you experience deep, persistent feelings of fatigue, tell your doctor. Thanks for your feedback! What are your concerns? Verywell Health uses only high-quality sources, including studies evaluated by colleagues, to support the facts of our articles. Read our editorial process to learn more about where we verify the facts and keep our content accurate, reliable and reliable. Singh P, Staller K, Barshop K, et al. Patients with irritable bowel-diarrhea syndrome have a lower quality of life specific to the disease than irritable irritable syndrome-constipation. World J Gastroenterol. 2015;21(26):8103-9. two:10.3748/wjg.v21.i26.8103 Fakhoury M, Negruij R, Mooranian A, Al-salami H. Inflammatory bowel disease: clinical aspects and treatments. J Inflamm Res. 2014;7:113-20. two:10.2147/JIR. S65979 Soares RLS. Irritable bowel syndrome, food intolerance and non-celiac gluten sensitivity. A new clinical challenge. Arq Gastroenterol. 2018;55(4):417-422. two:10.1590/S0004-2803.201800000-88 Bhandari S, Jha P, Thakur A, Kar A, Gerdes H, Verncatesan T. Cyclical vomiting syndrome: epidemiology, diagnosis and treatment. Clin Aut Res. 2018;28(2):203-209. two:10.1007/s10286-018-0506-2 Additional reading Minocha A. &amp; Adamec C. (2011) Encyclopedia of the Digestive System and Digestive Disorders (2nd Ed.) New York: Facts on file. Symptoms of irritable bowel syndrome (IBS) can often be managed by changing diet and lifestyle, and understanding the nature of the condition. In some cases, medications or psychological treatments can also be helpful. Adjusting the diet The first step in trying to reduce the symptoms of IBS is to follow a healthy, balanced diet. Aim to: eat regular meals including breakfast, lunch and an evening meal (if necessary, small snacks may be included) avoid missing meals or eating late at night take time over meals, make time to sit and chew food thoroughly Use the Eatwell Guide to help you incorporate food from each food group into your daily routine. Fluid Having enough fluid is important for general health. It can also ease symptoms, especially constipation. This is also especially important when increasing the fiber in your diet or to replace lost fluids when you have diarrhea. Try to have at least 8 cups or glasses (1.5-2 liters) of liquid per day (you may need more if you have diarrhea or increase your fiber intake). Good choices include water, sugar-free drinks and caffeine-free drinks. Aim to reduce fizzy drinks or those that are high in caffeine. Caffeine is most commonly found in tea, coffee, energy drinks and cola. UK guidelines state that adults should have no more than 400mg of caffeine per day and no more than 200mg per day during pregnancy. If you think caffeine can affect symptoms, try to further reduce it or eliminate it completely. The following tables describe the typical caffeine content of regular drinks. Check product labels for exact amounts for certain brands and varieties. Drink Caffeine Portion Tea Content 250ml (can) 40mg Instant Coffee 250ml (can) 100mg Brewed/Filtered Coffee Variable Sizes 150-255mg Cola Cola Iron Brew 330 ml 330ml 330ml 25-3 22mg 32-42mg 30mg Energy drinks: Rockstar/Monster Red Bull 500ml 250ml 160mg 80mg Tips to reduce caffeine intake Reduce the intake of tea and coffee and the goal of switching to decaffeinated or natural varieties without caffeine, would be herbal teas. Limit cola and iron beer. Decaffeinated varieties are available, but limiting fizzy fizzy drinks is the best. Energy drinks, such as Red Bull, Monster and Rock Star are very high in caffeine and should be avoided. Alcohol alcohol can aggravate IBS symptoms. Aim to follow the recommendations for safe alcohol consumption and drink no more than 14 units per week. If you drink 14 units, spread this over three or more days and have regular days without alcohol. Read more about alcohol guidelines. Fatty foods High in fat should be limited as part of a healthy diet. They have also been shown to aggravate some symptoms of IBS, especially diarrhoea. These foods include: fried fast food pastry chips cakes To improve health and potential IBS symptoms include only these foods in small and rare amounts. Many low or low-fat varieties are available for a healthier alternative. Sweeteners A sweetener called sorbitol can cause diarrhea. This is found in some sugar-free sweets, chewing gum and mint. It can also be found in diabetic and slimming products. Check the labels and limit these products. Processed foods Processed or reheated foods contain resistant starch, which can be difficult for your body to digest. Processed foods include: ready-made potato dishes and pasta salads baked partially baked bread these starches can aggravate the wind, bloating and symptoms of diarrhea. To limit these, make your own meals using fresh food whenever possible. Fiber People with IBS are often advised to change the amount of fiber in their diet. Foods that contain fiber include: vegetable fruit fruit pulses wholemeal bread your family doctor may be able to advise you on what your recommended fiber intake should be. Low FODMAP diet If you have persistent or frequent bloating, a special diet called low fodmap diet can be effective. A low FODMAP diet should only be followed if: you have followed the above advice and not had the relief of symptoms that you have seen your GP and had other excluded problems you have been referred to by your GP and have the support of a trained dietitian specialist A low fodmap diet is not suitable for everyone and should only be used following a dietary consultation. The low FODMAP diet is a short-term intervention following a process of not eating then gradually re-introducing food into your diet to find out what foods affect IBS symptoms. Probioticprobiotics are dietary supplements that product manufacturers claim can help improve digestive health. They contain so-called friendly bacteria, which are supposed to restore the natural balance of bacteria when it has been disrupted. Some people find taking probiotics regularly helps relieve the symptoms of IBS. However, there is little evidence to support this. It is not clear exactly how much of a probiotic benefit you provide and which types are most effective. If you want to try a probiotic product, you should take it for at least four weeks to see if the symptoms improve. You should follow the manufacturer's recommendations on the dosage. Medication A number of different medicines can be used to help treat including: antispasmodics – which help reduce abdominal (stomach) pain and cramping laxatives – which can help relieve constipation antitmotility medications – which can help relieve low-dose antidepressant diarrhea – which were originally designed to treat depression, but can also help reduce stomach pain and cramps independent of any antidepressant effect All medicines should be taken following the package or doctor's recommendations. Psychological treatments If IBS symptoms still cause problems after 12 months of treatment, your GP may recommend a type of therapy known as psychological intervention. There are several different types of psychological therapy. All involve teaching techniques to help you better control your condition. There is good evidence to suggest that they may help some people with IBS. Psychological treatments that can be offered to people with IBS include: psychotherapy - a type of therapy that involves talking to a trained therapist to help you look deeper into your problems and cognitive behavioral therapy (CBT) worries - a type of psychotherapy that involves examining how beliefs and thoughts are related to behavior and feelings, and learning ways to modify your behavior and thinking to help you cope with the situation Your hypnotherapy – if hypnosis is used to change the unconscious mind's attitude towards symptoms The availability of psychological interventions on the NHS can vary from region to region. Reducing stress reducing stress levels can also reduce the frequency and severity of IBS symptoms. Some ways to help relieve stress include: If you are particularly stressed, you can benefit from talk therapy, such as stress counseling or cognitive behavioural therapy (CBT). (CBT).