



Dr. Qurat ul Ain (Anny) Rizvi

Dr. Brindi Rasaratnam

ABOUT

Our gastroenterology services offer patients a comprehensive range of diagnostic and therapeutic services with a focus on gastroscopy, colonoscopy and capsule endoscopy. Our team is dedicated to patient care and strives to make a patient's experience as comfortable as possible.

SERVICES

- Consultation
- Colonoscopy
- Capsule Endoscopy
- Intestinal Ultrasound
- Liver Fibrosis Ultrasound
- EUS
- ERCP
- Gastroscopy
- Breath Testing (Lactose/Fructose/Helicobacter)

MDC
MELBOURNE
DIGESTIVE CENTRE

GASTROENTEROLOGY & HEPATOLOGY

IRRITABLE BOWEL SYNDROME



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Irritable bowel syndrome is a common disorder affecting approximately 15% of adult Australians.

Irritable bowel syndrome often causes cramping, abdominal pain, bloating, gas, diarrhoea and constipation. IBS is a chronic condition that you will need to manage long term.

Even though signs and symptoms are uncomfortable, IBS — unlike ulcerative colitis and Crohn's disease, which are forms of inflammatory bowel disease — doesn't cause damage to the bowel tissue or increase your risk of colorectal cancer.

Treatment for irritable bowel syndrome (IBS) will depend on the types of symptoms you have, how severe they are, and how they affect your daily life. No single type of treatment works best for everyone.

For some people who have IBS, certain foods may trigger symptoms. These tips may help prevent or relieve some IBS symptoms:

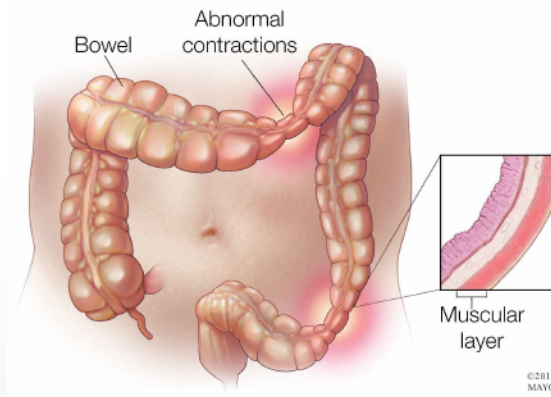
- Limit caffeine and alcohol.
- Limit your intake of fatty foods.

If diarrhoea is your main symptom, limit dairy products, fruit, and artificial sweeteners such as sorbitol or xylitol.

Increase fibre in your diet to help relieve constipation.

Avoid foods such as beans, cabbage, or uncooked cauliflower or broccoli to help relieve bloating or gas.

Irritable bowel syndrome (IBS)



Gut-hypnotherapy is often a useful treatment, especially in those individuals where a high-level of stress or anxiety is present.

Your general practitioner or gastroenterologist may request you to have a Hydrogen breath test to rule out food intolerances, which could trigger your IBS. You may also be requested to have a blood test or biopsy to rule out Coeliac Disease.