

# My IBS TOOLBOX

Proven strategies to **minimize** the abdominal pain or diarrhea in children with irritable bowel syndrome



**Remember!** Not every option will work for every child. Your GI doctor will pick strategies they feel would help you or your child.

We suggest a **minimum of 2-4 weeks** for each strategy to see if it will work for you.

Try **one at a time** so you know what works.

Different tools can help to get the job done!

Let's add some **TOOLS** to your **TOOLBOX** for minimizing IBS symptoms!

## SUPPLEMENTS

- Soluble Fibre
  - Take Metamucil 200g per day
  - This can be mixed with water or made into food with one of many online recipes  
<https://www.metamucil.com/en-us/about-metamucil/recipes>
- Peppermint oil capsules – IBGuard, Colpermin
  - Take 2 capsules 2-3 times per day



**Center for Child & Youth Digestive Health**

## PROBIOTICS

- You can try different probiotics (healthy bacteria) to see if they work for you
- These probiotics have had benefit for kids with IBS. Only try 1 at a time if you are interested.
  - Culturelle Kids
  - Visbiome
  - BioGaia ProTectis
  - Digestive Care Kids
  - Align (research mostly in adults with good results)

## TARGETING YOUR DIET

A pediatric Dietitian can help you with diet option for IBS.

If you chose to follow a diet you should discuss this with your physician and dietitian.

There is less research available to know what diet is the best for those with IBS. Some options include:

- Low Lactose diet

Lactose intolerance can have overlapping symptoms with IBS.

A 2-week trial off lactose may be helpful for some children

- Low Fructose diet

This diet can be challenging. There are some children who do fructose breath tests first before starting the diet to test for dietary fructose intolerance

- Gluten Free Diet

Children with IBS should always be tested for Celiac disease BEFORE starting a gluten free diet (with a blood test). Some children can have IBS symptoms from gluten in their diet even without having Celiac Disease. This is called *Non-Celiac Gluten Intolerance*. Talk to your dietitian to learn about what gluten is and how to follow a gluten free diet.

- Low FODMAPS Diet

The FODMAP diet reduces the foods that may be triggers. To follow this diet you would eliminate FODMAP foods for 4-6 weeks and add them back in one at a time to identify a trigger.

This is a difficult diet to follow and is only right for families who are very motivated to follow this treatment path. You will need our dietitian involved to help guide you to re-introduce foods and make sure your child continues to eat a well-balanced diet.

A FODMAP app is available called *Monash University FODMAP Diet App* (\$10.99)

Handouts are available for each of the above diets

# HOW TO FEEL BETTER WHEN YOU HAVE PAIN

We know that IBS is **frustrating** and difficult to manage for some children.

Consider these options to help **LEARN** how to COPE with your IBS symptoms

It can be easy for IBS to RESTRICT your life.

Has your IBS caused you to...

- miss school?
- miss activities with friends?
- miss family time?
- avoid eating in the way you want?
- fear your symptoms?

If So! We can **help you** change the **impact** that IBS has on your life!

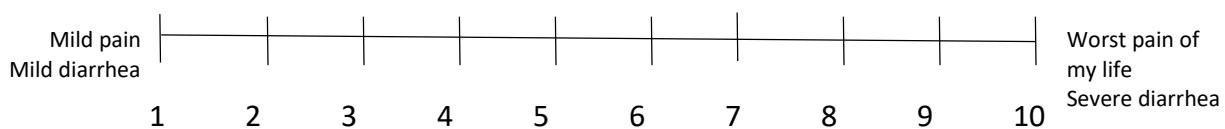
Let's **shift** the focus from your IBS to the good parts of your life

What can work:

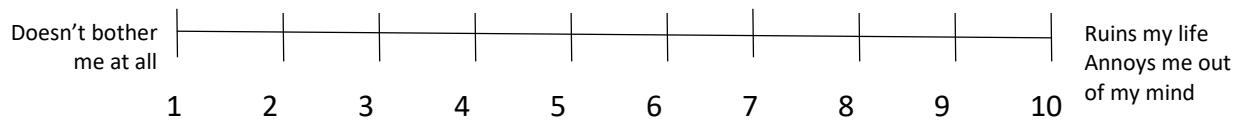
- Mindfulness activities (see next page)
- Gut-based Hypnotherapy
- Calming strategies
- Yoga
- Therapy with a social worker or child focused psychologist
- Talk to your physician if a referral to chronic pain team is appropriate

*Take this test:*

My SYMPTOM score is:



Rate how much your pain/ diarrhea is affecting your life (bothering you)



If your score for section 2 is higher than section 1: coping strategies can help you too!

# MINDFULNESS AND EXERCISES FOR HOME

Introduction video of mindfulness BC Children's Hospital

<https://keltymentalhealth.ca/mindfulness>

Podcast

BC Children's Hospital

<https://keltymentalhealth.ca/podcast/present-matters-mindfulness-and-mental-well-being>

## Options for Teens

<http://mindfulnessforteens.com/dzung-vo/>

Dr. Dzung Vo, Adolescent Medicine Pediatrician BC Children's Hospital

Mindful movements

[https://keltymentalhealth.ca/sites/default/files/documents/7.\\_mindful\\_movement.mp3](https://keltymentalhealth.ca/sites/default/files/documents/7._mindful_movement.mp3)

Dr. Dzung Vo, Adolescent Medicine Pediatrician BC Children's Hospital

App

Breathr App

Progressive Muscle Relaxation

<https://www.youtube.com/watch?v=87buSvmaP4s>

## Options for Children:

What helps you be relaxed?

-blowing bubbles

-blowing pin wheels

Practice when you are feeling relaxed so you they are easier to do when you are upset

Sit Still like a Frog

<https://www.youtube.com/watch?v=m5RkzsbaPiE>

Fill your belly like a balloon

<https://www.youtube.com/watch?v=2PcCmxEW5WA>

Belly Breathing

<https://blissfulkids.com/mindfulness-exercises-for-kids-teddy-bear-belly-breathing/>

Learn warning signs of ways to recognize you are starting to get tense (clenching fists or your jaw, more upset) and how you feel when you begin to experience the pain (1 or 2 out 10) so you can start the strategies early.