



Live your Inspired Life

Low FODMAP Diet Coaching

Dealing with an Attack

It can be very upsetting to have to deal with an urgent IBS attack. Debilitating pain, panic about finding a bathroom, embarrassment that your symptoms may become known to others, and fears of having an accident can all add up to be quite a nightmare. Once you have had a bad IBS attack, it is common to remain on edge, wondering when the next attack will occur. Now you are on the low Fodmap diet, this is far less likely to happen but it could.

During the Attack

The most important thing is to stay calm, as hard as that may be to do. You now know the part stress has to play in exacerbating your symptoms so use some of the relaxation techniques we have covered.

Breathe deeply

Slow, deep breathing works so well because it sends a message to your body's emergency response system that there is no emergency. This will help interrupt those emergency signals that your brain is sending to your gut. If you feel an attack coming on, turn on your relaxation tape.

Self-talk

Talk to yourself in a calm way as if you were a friend who is terribly upset and you need to calm her down. That will shift your panicked thought processes from high gear to a calmer place. Start moving towards the toilet, knowing that your body is actually pretty good at holding things in. The calmer you are, the better it will be able to do that job.

Use a Heating Pad

From a purely psychological point of view, a heating pad can be so soothing. You can also find reassurance from the fact that research supports the use of low-level continuous heat as a way to speed up pain relief. Heat helps to relax the muscles in your gut and inhibits pain sensations. Remember to always protect your skin with clothing as direct contact with a heating pad can cause a burn. At home, a warm bath may provide a similar soothing feeling and relief.



Herbal Tea

Like a heating pad, there is something soothing about a nice cup of tea. Each of the following types of tea has a reputation for soothing digestive distress and have gas-reducing reputations. Keep your pantry well-stocked so you'll have some handy when your IBS acts up.

- Peppermint tea
- Ginger and lemon

Don't hold on

Now is not the time to think about modesty. Go to a private place or find a toilet and just, as they say, "let it fly." As intestinal gas is passed, there is less in your system to be causing pain.



If possible, pass a motion

If you are able to have a bowel movement, two things will happen simultaneously. You will speed up the movement of the muscles lining your large intestine, which will help to encourage the gas to make its way out of your system. A bowel movement also empties the rectum of any stored stool, freeing up the passage of the trapped intestinal gas. It also zeros out the Fodmaps and you start again with a clean slate.

Move your body

Gentle exercise is a practical option. Walking helps to relax the muscles in your abdomen, with the effect of helping trapped gas to make its escape. If you have the space and the privacy, there are several yoga poses that have been associated with easing the passage of intestinal gas:

- Eye of the Needle Pose
- Seated Spinal Twist
- Supine Spinal Twist

After the Attack

Afterwards, you will feel hyper sensitive to any signals that another attack may come on.

Eat carefully

Return to your diet and stay vigilant about what goes in your mouth. No more mistakes. Your system will be a little sensitive for a while. Eat comfort foods like rice, mashed potato, plain chicken breast, a piece of low Fodmap bread. Nothing spicy or fatty for a few meals.

Remain calm

Sometimes a stomach rumble is just a stomach rumble. If that causes you anxiety, turn on your relaxation tape and nip it in the bud. That will keep your gut calm while you deal with it.