

IBS and the FODMAP diet

GROUP EDUCATION

Kia ora!

Irritable bowel syndrome (IBS) is a common digestive condition that can cause ongoing symptoms such as pain, bloating and changes in bowel habits. We have designed a series of online groups to help manage your symptoms. These sessions are open to people who have attended our first IBS group and/or who have been referred through their GP. Whānau and friends are welcome.

Our session looks at:

- **Recap on what IBS is**
- **What FODMAPs are**
- **How to complete a low FODMAP diet**
- **How to re-introduce FODMAPs**
- **Symptom monitoring and interpretation**
- **Label reading**
- **Practical tips**
- **Troubleshooting symptoms**
- **FODMAP personalisation**

You will also receive further information and resources to take home with you following the sessions.

It can be hard to navigate the facts around IBS, but we are here to support you on your health journey.

If you are interested, please email us: [**dietitians@wellsouth.org.nz**](mailto:dietitians@wellsouth.org.nz)

We look forward to seeing you there!

Dietitian Team

