

# IBS - First Line Advice

## 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. If you are interested please talk to your GP about a referral. Whānau and friends are welcome.

### Our session looks at:

- **What IBS is**
- **Importance of confirmed diagnosis**
- **Dietary changes for first line advice**
- **Non-diet related factors that impact symptoms**
- **Healthy eating while following IBS advice**
- **Allergies vs. intolerances**

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*

