

Irritable Bowel Syndrome (IBS)

With IBS, the colon, also called the large intestine or large bowel, is more sensitive than normal. The colon over reacts to medicines, food such as chocolate, milk products, alcohol and caffeine, and stress.

Signs of IBS

- Cramping pain
- Gas
- Bloating
- Constipation
- Diarrhea
- Mucus with bowel movements

Your Care

IBS is often diagnosed after checking for other illnesses. You may have:

- An exam
- Lab tests of blood and stool
- A test to look inside the colon

It may take some time, but you will find the ways that work best to manage your IBS. You may need to:

- Avoid the medicines, food, and stress that worsen your signs.
- Eat a high fiber diet. High fiber foods include wheat bran, whole grain breads and cereals, peas and beans, nuts, and fresh fruits and vegetables.
- Take medicine to decrease colon cramping.

Talk to your doctor or nurse if you have any questions or concerns.

Calaamadaha Lurta Leh ee Saxarada ***(Irritable Bowel Syndrome [IBS])***

Marka la qabo IBS, xiidanka, oo sidoo kalena loo yaqaanno xiidmaha ballaaran ama malawadka ballaaran, wuu ka nugul yahay midka caadiga ah. Xiidanku wuxuu si xad dhaaf ah uga jawaab celiyaa daawooyinka, cuntada sida shulukaatada, waxyaabaha caanaha laga sameeyey, aalkolada iyo kafeyiinta, iyo walwalka.

Calaamadaha IBS

- Xanuun casiraad leh
- Hawo gaas ah
- Dibbiro
- Calool istaag
- Shuban
- Malax soo raacda saxarada

Daryeelkaaga

IBS waxaa badanaa la baaraa marka la hubiyo jirrooyinka kale ka dib.

Waxaa laga yaabaa inaad marto:

- Imtixaan
- Baaritaanno shaybaar ee dhiigga iyo saxarada
- Baaritaan lagu eegayo gudaha xiidanka

Waxaa laga yaabaa iney qaadato xoogaa waqti ah, laakiin waad ogaan doontaa siyaabaha ugu wanaagsan ee lagu maamulayo IBS. Waxaa laga yaabaa inaad u baahato:

- Inaad ka fogaato daawooyinka, cuntooyinka, iyo walwalka calaamadaha uga sii daraya.
- Inaad cunto cunno faybarku ku badan yahay. Cuntooyinka faybarku ku badan yahay waxaa ka mid ah qamadiga buunshaha leh, rootiga miraha aan buunshaha laga saarin laga sameeyey iyo siiriyaalka, digirta cagaaran iyo midda cas, miraha iyo khudradda marka la soo gooyey.
- Inaad qaadato daawooyin si hoos loogu dhigo casiraadda xiidanka.

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaacyo ah qabtid.

IBS. Somali.

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