Do's and Don'ts in IRRITABLE BOWEL SYNDROME Get enough sleep and do not take stress Establish a regular meal pattern Drink plenty of fluids Do's Exercise regularly Increase intake of fiber in diet Limit fat intake Avoid skipping meals Avoid large meals Avoid artificial sweeteners Don'ts Avoid spicy foods Avoid alcohol Avoid excess caffeine

References: 1. Cozma-Petruţ A, Loghin F, Miere D, Dumitraşcu DL. Diet in irritable bowel syndrome: What to recommend, not what to forbid to patients! World J Gastroenterol. 2017;23(21):3771-3783. 2. Saha L. Irritable bowel syndrome: pathogenesis, diagnosis, treatment, and evidence-based medicine. World J Gastroenterol. 2014;20(22):6759-6773.

