

CLINICAL MANAGEMENT FLOWCHART

USE OF THE LOW FODMAP DIET IN IBS

Phase 1 - Low FODMAP Diet

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(2-6 weeks)

ASSESS SYMPTOM RESPONSE

Adequate response

Inadequate response

Check compliance and
consider troubleshooting
strategies

Phase 2 - FODMAP Reintroduction

Challenge each FODMAP
subgroup separately

Interpret challenge
responses

Phase 3 - FODMAP Personalisation

Establish personalised FODMAP
diet. Include well tolerated foods
and FODMAPs and restrict poorly
tolerated foods and FODMAPs, but
only to a level needed to maintain
symptom control

Abandon low FODMAP diet
and consider other dietary /
non-dietary therapies

