

Author; year; country	Method	Reintroduction protocol	Results - Effect on IBS symptom control
Martin; 2015; UK [11]	Prospective questionnaire examined satisfaction with IBS symptoms at baseline, 4-8 weeks (after LFD) and 6-18 months (after FODMAP reintroduction).	Limited detail - FODMAP reintroduction to individual tolerance	More patients reported satisfactory relief of symptoms after LFD vs baseline (62% vs 10%). Most participants (71%) with satisfactory symptoms after LFD sustained these after reintroduction.
Maagaard; 2016; Denmark [10]	Retrospective questionnaire at 16 months and following initial dietetic education about LFD and reintroduction.	Limited detail - FODMAP restriction continued but small amounts of high FODMAP foods introduced to determine individual tolerance.	86% reported partial (54%)or complete (32%) symptom improvement. Greatest symptom improvements for bloating and abdominal pain.
Peters; 2016; Australia [17]	6 weeks gut directed hypnotherapy Vs LFD and reintroduction Vs both.	Dietitian education on the reintroduction of 1 FODMAP subgroup per week, monitor symptoms, titrate dose if needed then move to next FODMAP.	Overall symptoms improved to a similar degree in all groups at 6 weeks. At 6 months, symptom improvements sustained after FODMAP reintroduction in 82% and 54% of LFD and combined groups,
Harvie; 2017; New Zealand [29]	Group I - LFD commenced at baseline. At 3 months, reintroduction commenced under dietitian guidance. Follow up at 6 months.	Limited detail - 30 min consultation with dietitian teaching participants to systematically challenge individual FODMAPs.	IBS symptom severity and QOL better at 3 months in Group 1 (LFD 0-3 months), sustained at 6 months and comparable to improvements in Group 2 (LFD 3-6 months).
Schumann; 2018; Germany [36]	Yoga Vs 3 months LFD + 3 months FODMAP reintroduction.	Limited detail - participants received ‘nutritional counselling’ on how to challenge a different FODMAP each week for 2-3 days.	Similar reductions IBS symptom severity at both 3 and 6 months.
O’Keeffe; 2018; UK [35]	Prospectively questionnaire following LFD (6 weeks) and reintroduction (6-18 months).	Dietetic education regarding 3-day FODMAP food challenges using increasing food portions to identify individual FODMAPs that triggered symptoms. High-FODMAP foods reintroduced according to tolerance.	Satisfactory symptom relief in 12%, 61% and 57% at baseline, post LFD and post FODMAP reintroduction, respectively.