

AUTHOR	FOLLOW UP TIMEFRAME	SYMPTOM IMPROVEMENT	DEGREE OF FODMAP RESTRICTION
Staudacher, 2011 [30]	2-6 months	Improved overall symptoms on LFD at 2-6 months follow up compared to standard dietary advice (NICE guidelines)	64% of patients followed the diet strictly 50% of the time.
De Roest 2013 [31]	15 months	15 months after LFD advice, improvements in most symptoms (abdominal pain, bloating, flatulence and diarrhoea) were observed. 72% were satisfied with symptoms 15 months after LFD advice.	At 15 months, 81% of patients followed a LFD all or some of the time
Martin 2015 [32]	6-18 months	62% of patients experienced short term symptom relief on a LFD. Among these, 71% continued to experience relief at one year following FODMAP reintroduction	At 6-18 months, 67% of LFD responders continue to avoid high FODMAP foods at least half of the time.
Maagaard 2016 [33]	16 months	86% reported either partial (57%) or full (29%) efficacy at 16 months follow up	84% followed a modified low FODMAP diet that included some high FODMAP foods. Only 16% continued to follow a strict LFD Foods most often restricted by patients were wheat, dairy products and onions.
Harvie 2017 [34]	6 months	The LFD reduced severity of IBS symptoms and this change was sustained at 6 months.	Fiber and energy intake reduced on the low FODMAP diet initially but restored by 6 months (after re-introducing FODMAP containing foods). Calcium intake sustained after the low FODMAP diet and at 6 months.
O'Keeffe 2018 [35]	6-18 months	Satisfactory symptom relief was reported by 12% at baseline, 61% at 6 weeks follow up and 57% at 6-18 months. 70% who achieved symptom relief at 6 weeks maintained this at 6-18 months.	82% continued an 'adapted FODMAP' diet, while the remainder returned to their 'habitual' diet. FODMAP intake was lower on the adapted FODMAP diet. The adapted FODMAP diet included more low FODMAP foods (e.g. low-FODMAP milk, vegetables and bread) and fewer high FODMAP foods (e.g. onion and garlic).
Schumann 2018 [36]	3-6 months	IBS symptom severity lower in the low FODMAP diet group at 3 and 6 months	Not stated
Halmos et al., 2014; Australia [71]	Randomized, controlled, single-blind, cross-over, feeding trial – low FODMAP vs typical Australian diet	Patients with IBS (n=30) and healthy subjects (n=8) – all low FODMAP diet-naïve	Subjects with IBS had significantly lower overall symptoms on the low FODMAP diet compared to the Australian diet (p<0.001). Improvements were also seen in bloating, pain and flatulence
Pedersen et al., 2014; Denmark [89]	Randomised, unblinded controlled trial – low FODMAP diet vs probiotic vs normal diet	Patients with IBS randomised to low FODMAP diet (n=42), probiotics (n=41) and normal diet (n=40)	Significant reduction in symptom score with low FODMAP diet and probiotic groups compared to the normal diet (p<0.01)