

ABDOMINAL PAIN	BLOATING
<ul style="list-style-type: none"> <li>• Psychological therapies (e.g. gut directed hypnotherapy)</li> <li>• Peppermint oil</li> <li>• Probiotics</li> <li>• Medications (e.g. anti-spasmodic agents, prosecretory agents)</li> </ul>	<ul style="list-style-type: none"> <li>• Probiotics</li> <li>• Exercise</li> <li>• Medications (e.g. prosecretory agents, prokinetic agents, antibiotics)</li> </ul>
CONSTIPATION	DIARRHOEA
<ul style="list-style-type: none"> <li>• Check for medications that worsen constipation (e.g. codeine, iron supplements)</li> <li>• Reintroduce osmotically active FODMAPs early</li> <li>• Kiwifruit (2 per day)</li> <li>• High fibre, low FODMAP foods and/or minimally fermentable fibre supplements (e.g. sterculia or methylcellulose)</li> <li>• Fluid (adequate but not excessive)</li> <li>• Light-moderate exercise (if sedentary)</li> <li>• Caffeine - may promote defecation</li> <li>• Non-fermentable osmotic laxatives (e.g. PEG, magnesium sulfate)</li> <li>• Medications (e.g. lubiprostone, prucalopride, antispasmodic agents, antidepressants - SSRIs)</li> </ul>	<ul style="list-style-type: none"> <li>• Targeted reduction of osmotically active FODMAPs (excess fructose and polyols)</li> <li>• Fibre supplements (e.g. psyllium, oats / oat bran, methylcellulose or calcium polycarbophil)</li> <li>• Probiotics (e.g. Bifidobacterium infantis <math>1 \times 10^8</math>)</li> <li>• Medications (e.g. Loperamide, rifaximin, alosetron)</li> </ul>