



INSTRUCTIONS TO REDUCE INTESTINAL GAS

DIET

1. Foods that commonly cause gas include the following:

- Legumes: Beans, peas
 - Vegetables: Cabbage, radishes, onions, broccoli, brussels sprouts, cauliflower, cucumbers, sauerkraut, asparagus, potatoes, rutabaga, turnips
 - Milk products: Milk, ice cream, cheese
 - Fruit: Melons, prunes, apricots, apples, raisins, bananas
 - Cereals: All food that contain wheat products (cereals, breads, pastries)
 - Fatty foods: Pan-fried or deep-fried foods, fatty meats, rich cream sauce, gravy
 - Liquids: Beer, carbonated beverages, prune juice
- A trial diet to eliminate these foods can be conducted in one of two ways:
- Continue to eat as you normally do, but eliminate one category of gas containing foods for at least a week. If there is no lessening of gas, put the foods back in the diet and go on to eliminate another category for a week until gas is reduced.
 - Severely restrict all categories for 3-4 days, then reintroduce one food at a time back into the diet for 3-4 days; if the selection causes no problems, it may be kept in the diet. If there is increased gas production, eliminate the food and go on to the next food.
- Offending foods may not have to be completely eliminated. Sometimes they can be tolerated in smaller amounts.
- It is important to remember that tolerance to food varies. A food that seems to cause more gas for one person may not cause much gas for another person.

2. A high fiber diet will naturally produce more gas. However, a high fiber diet is important for stool regularity and to prevent such problems as diverticulosis, constipation, and hemorrhoids from getting worse. Therefore, try to add high fiber foods to your diet slowly (over several weeks) until your body adjusts to the fiber content.

3. Avoid skipping meals as an empty stomach causes more gas to form.

MEDICATIONS

4. You may want to try simethicone (Mylicon or Gas-X), 40 mg tablets, 1 or 2 tablets every 6 hours as needed. It is best to take this medication after meals or at bedtime.

ACTIVITY

- 5. Avoid talking while eating.
- 6. Sip rather than gulp beverages. Avoid using a straw.
- 7. Avoid chewing gum or smoking.

If there is any bleeding or changes in bowel habits beyond 4 weeks, please contact the office at the number above. You may need further tests to exclude other problems, such as colorectal cancer.