

TREATMENT OF FLATULENCE

Management of excessive gas can be quite difficult and does not always work in all patients.

You can help relieve this symptom by adopting the following lifestyle measures.

- Eat more slowly
- Chew food thoroughly
- Relax whilst you eat
- Avoid carbonated drinks and chewing gum
- Limit foods which produce large amounts of flatus, i.e. legumes, beans, lentils, raisins, foods high in insoluble fibre, artificial sweeteners and vegetables of the cabbage family
- Quit smoking
- Reduce milk consumption if lactose intolerance has been identified as the problem (hard cheeses ok)
- Add probiotics (such as yoghurt) to your diet to replenish the normal good bacteria in the bowel
- Relaxation techniques have been shown to be helpful

Consider a **low FODMAP** diet through a Dietician.

Unfortunately, the medical treatments currently available, such as simethicone, antacids, activated charcoal and beano have failed to produce favourable results consistently.