

Rachel IBS - Options

Transcription

D Let's talk about the options you have if that's okay? The options when it comes to managing your IBS. We are fairly solid with the diagnosis of IBS, would you agree?

P Yeah

D Do you understand a bit about it, have you had a chance to read up about it?

P Yeah I have, yeah

D I reliable source of information would be what is on patient.co.uk

P Yeah

D So from that we could talk about some of the options that is available to you? Some of which you have already had a go with, can we go through them again?

P Sure

D So tell me a bit more about what you have tried?

P I remember the medication I was given. It was called Mebeverine and I was given that a few years ago. I can't remember how long I was on that but it didn't seem to do anything. I didn't notice a difference.

D It doesn't work for everybody. Maybe 1/4 or 1/5. It can help with spasms and bloating. So no good for you?

P No

D You did give it a good go. You mentioned other treatments as well, could you tell me about them too?

P Yep well

D You mentioned seeing a dietitian

P As yes sorry, yes I did

D So did she go through your diet with you?

P Yes, I saw her at the RVI and she put me on a low FODMAP diet. She didn't say it was fatty foods that caused it but she did say that there looks like there is a link between high fatty foods and my upset stomach. Apart from that there was nothing else.

D Did you change your diet and give it a good go?

P I did, I would say that it didn't change anything. Not massively at least. It was hard to do, really hard. There was a lot of foods I wasn't allowed to eat. Even my mum struggled to make meals on a night.

D That's the problem with this option, you need to be committed. How long did you try it for? Weeks?

P It was probably a couple of months.

D Whilst discussing diet have you found foods and activities affect your IBS?

P I am just trying to think back from when I regularly went to the gym. I would probably say no. I can't think of a period of time from when I was 19 to now where it was relatively good.

D Okay. Have you found any other treatments? Or have we discussed any others that you have been interested in? You mentioned that bloating is predominantly the issue along with the diarrhoea.

P Yeah it is.

D For the bloating something that could help if you're looking for a medication is peppermint oil capsules. What are your thoughts on that?

P I am happy to give them a go. Especially if it reduces the bloating which is uncomfortable.

D On paper statistically 1 out of every 2.5 people find it useful. It is a safe treatment. There will be a prescription charge.

P Right, yeah.

D Let me know if that is an option for you. There are other things that can help for you so I would like to discuss them. Some suggest hypnotherapy can be useful.

P Oh right okay

D 50% of people get a lot of benefit from hypnotherapy. You have already said you think it's not stress related. People tend to feel a benefit when it is stress related. I do have a type of hypnotherapy to offer you which is called EMDR.

P Right

D It is a bit unconventional and makes you wonder how it works. However it can work. Although it tends to work with people who get tense and anxious. Another option available would be seeing a therapist for Cognitive Behavioural Therapy. Again that works better with people who have an emotional link.

D We have talked a lot about your diet and what the dietician suggested regarding FODMAP. Now we have spoke about sorbitol and some things you can eat being a trigger.

P I avoid them like the plague!

D Some people find that there is certain things in their diet that can be a trigger, can you think of anything?

P It can be really random things, like a McFlurry for example. It will definitely set me off where as I can have ice cream from another source and be fine. Obviously I don't know what is in a McFlurry.

D It is potential that a trigger could be artificial sweeteners like sorbitol. I'm not 100% sure on the ingredients so you would have to look it up to see if that's the case.

P Yeah, that's the main example I could think of.

D If the diarrhoea comes back as a big problem and you can predict it we can give you anti-diarrhoea tablets. That would be Loperamide.

P I have tried it yeah. It just goes the other way.

D Okay so that makes you constipated?

P It does. I have tried it in the past, like when I have gone on holiday for example long haul flights. I mean it is good for stopping the diarrhoea.

D Is the bloating worse with that too?

P It can be

D Is constipation ever been an issue for you?

P No never

D So we should probably wrap things up for today when talking about those options. Kindly give me a call about those peppermint tablets. You're likely to know within a week or two if they are any help. We are happy to rule out that you aren't anemic, so we aren't missing anything. If you do start to feel tired we can always check your blood again. Now with your symptoms, I would be worried if you were consistently different with your symptoms. Bloody diarrhoea for example would be concerning or if you were losing weight.

P Sure okay.

D I am still happy to see you if you are having increasing problems with your typical IBS. Let's say if it is disrupting your life then I ought to see you within the month.

P Yep

D Is that okay?

P That's fine

D Have you got any questions before we finish?

P No I think you have covered everything.

D Okay great.