



Bloating / Indigestion

Why do I bloat?

- Delayed gastric emptying and abnormal stomach contractions or relaxations
- Gastric Hypersensitivity: changes in pressure and volume lead to discomfort
- Gas producing foods and drinks may worsen the symptoms
- Psychological factors such as stress and depression may worsen the symptoms

Have a diet based on the following

- Eat 6 **small meals** a day, eating **slowly** and have a **SINGLE course** only
- Chew your food at least **20 times** before swallowing. Most people only chew 5 times or less!
- High in protein (beef veal pork fish chicken egg nuts tofu)
- High in vegetable (avoid gaseous vegetables such as sprouts, cabbage, broccoli, cauliflower)
- High fruit intake
- Liquids are proven to cause less bloating than solids

Try to avoid the following TRIGGER FOODS

- Avoid gaseous / carbonated drinks
- Avoid fatty food, fried foods, rich cream sauces and gravies
- Avoid high starch foods such as bread, potatoes, rice, pasta, pumpkin, corn, beans, pastry, cakes
- Avoid takeaway foods such as McDonalds, Pizzas which contain refined high density man made carbohydrates
- Avoid gas producing foods such as sprouts, cabbage, broccoli, cauliflower
- Avoid beans: increase gas production 100-200ml
- Avoid sweeteners and lactose - sorbitol
- Avoid chewing gum, smoking, straws
- Do not deliberately swallow air to force a belch.
- Limit milk to one glass per day. Consider calcium tablets as a supplement

Medicines that may help:(available from your chemist without prescription):

- Mintec (peppermint oil) 1 capsule 30 min before meals
- De-gas (Simethicone) or Charcotabs (Charcoal tablets) 2 capsules after meals
- Yakult (probiotics - lactobacillus)
- Herbal tea (peppermint / camomile)

Medicines that may help: (prescription) up to x2 per day 30 min before meals

- Motilium, Prepulsid, Maxolon

Medications that are of little benefit

Antispasmodics: (Colofac / Donnatabs / Buscopan)

Analgesics especially those containing **codeine** are best avoided (eg: panadeine)

