



DAILY IBS CHECKLIST

Aoife McDonald RD



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**HELLO & THANK YOU FOR DOWNLOADING MY
DAILY IBS CHECKLIST!**



I'm Aoife McDonald, a **Specialist IBS Dietitian** based in Cork, Ireland.

I work with people dealing with uncomfortable gut symptoms, such as bloating, wind, tummy pain, diarrhoea and constipation, on a daily basis.

Gut health is a fascinating area, but there is a lot of confusing information out there, so my goal is to help people to improve their gut symptoms through proven strategies, with none of the expensive fads!

I've created this **DAILY IBS CHECKLIST** to help you to take the first steps toward managing your IBS. Read on to find out more.

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#1: GET YOUR ROUTINES RIGHT

Your gut LOVES routine. If we want to have a more predictable gut, then we have to help our gut out & give it a routine too, so that it knows what to expect.

A good place to start is with the timings of your meals and the time you go to sleep at night & get up in the morning.



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#2: HAVE A GLASS OF WATER ON WAKING

Naturally, we are all dehydrated after a night's sleep, so it's a good idea to start the day with a glass of water.

Continuing to drink water throughout the day will help with digestion, and is important no matter what type of IBS you have.



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#3: CHEW YOUR FOOD

It is SUCH a simple thing, but following this tip alone can have a massive impact on the amount of symptoms experienced.

Aim to chew each mouthful of food to a 'puree' consistency before swallowing.





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#4: HAVE A HIGH FIBRE BREAKFAST

Eating a high fibre breakfast helps to take advantage of the 'gastro-colic reflex' and it also gives you a headstart towards meeting your fibre goals for the day.

Have a look at the fibre content of your bread & cereal, and swap to higher fibre alternatives if needed.





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#5: ESTABLISH A TOILET ROUTINE

Sitting on the toilet for a few minutes after breakfast can give your gut a hint that this is a good time to 'go'.

Don't sit there for more than a few minutes if nothing is happening, and don't force anything, just sit and relax, and if something happens, it happens!



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#6: HAVE BALANCED MEALS

One of the most important things with nutrition & IBS is making sure you are actually eating ENOUGH, and that your meals are balanced.

Under-eating or cutting out too many foods can have a negative effect on gut health & overall health, so make sure that your meals are balanced & substantial enough to begin with.



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#7: MOVE YOUR BODY

Movement has many benefits when it comes to IBS. Walking, yoga, stretching, going to the gym - whatever it is you like to do, can help to relax us (which is good for the gut) and can also stimulate the bowel and ensure that everything is moving well.

Aim to do some type of movement each day, even if it's only for 10 minutes.



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#8: GET THE RIGHT BALANCE OF FIBRE

Fibre is complex and there are more than 100 different types, so it's safe to say that not all fibre is going to have the same effect on the gut.

First of all, make sure you are eating enough fibre, and then look at the types of fibre & how they may be affecting your gut.



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#9: DOWN-REGULATE

The gut-brain axis is central to IBS management. Taking time to relax each day & before bed can make all the difference.

Reading, movement, watching TV, playing/listening to music, doing a puzzle, stretching, having a warm bath...pick something that works for you.



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#10: GET ADEQUATE SLEEP

lack of sleep can worsen IBS symptoms, so it's essential to get at least 7-9 hours sleep per night, and to consider the quality of that sleep also.

Having a wind-down routine in the evening can help.





WHAT NEXT?

DO YOU NEED A PERSONALISED PLAN?

THE IBS RELIEF PROGRAMME IS A 16 WEEK 1:1 PROGRAMME THAT WILL TAKE YOU FROM CONFUSED TO CONFIDENT WITH MANAGING YOUR IBS

What my clients are saying...

"It's hard to describe how substantially Aoife has helped me; it is not an exaggeration to say that she has completely changed my life. Her attention to care and detail are second to none. She makes you feel heard, which is unlike nearly every other doctor or healthcare professional I have seen before. I truly can't thank her enough."

- Rachael

"I have lived unnecessarily with IBS for 20 years. It became the norm to me to have daily pain and tenderness in my tummy. Aoife has given me the skills and insight into how I can manage it. I know there is no cure for IBS but to wake up without any pain and to go about my day in comfort is life changing."

- Aoife

LEARN MORE

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