

SMALL INTESTINE BACTERIA OVERGROWTH – ‘SIBO’

WHAT IS SIBO?

There is bacteria naturally living in the gut of humans, this bacteria actually helps us to breakdown and digest foods. In SIBO, this bacteria has multiplied excessively, and relocated to an area of the bowel where large amounts of bacteria are not normally present.

WHAT ARE THE SYMPTOMS?

- ***Bloating***
- ***Pain***
- ***Diarrhoea or constipation, or both***
- ***Cramps***
- ***Nausea***
- ***Altered mood and energy levels***

WHAT ARE THE TREATMENT OPTIONS?

The most commonly used treatment for SIBO is a course of antibiotics, with more than one variety of antibiotic often being used. This treatment works to directly reduce the amount of bacteria present in the small intestine.

Another option that may be used alone or in conjunction with antibiotic treatment is to follow a specific diet that excludes the components of food that the bacteria feed off. This diet may be a ‘Specific Carbohydrate Diet’ or a ‘Low Fodmap Diet’, or you may follow a combination of the two. By reducing the fermentable components that bacteria feed off you are essentially starving the bacteria, resulting in a reduced number. Dietary modification has been shown to provide relief to the majority of people with SIBO.

WHAT DOES THE DIET ALLOW?

The focus is to exclude starchy and fermentable carbohydrates, while allowing insoluble fibre from other sources to promote bowel health. Your dietitian will help to tailor the diet to your needs and include different foods according to your symptoms.

OVERVIEW – SPECIFIC CARBOHYDRATE DIET

FOODS ALLOWED

- ***Meat, fish, poultry***
- ***Non starchy vegetables***
- ***Ripe fruits***
- ***Nuts and seeds***
- ***Eggs***
- ***Lactose free dairy***

FOODS NOT ALLOWED

- ***Starchy vegetables***
- ***Grains and products derived from grains including; wheat and wheat flour, barley, rye, oats, rice***
- ***Some beans***

CALL 9770 7189 TO ARRANGE A TEST OR TO FIND OUT MORE.