

MANAGEMENT OF INTESTINAL GAS

Excessive gastrointestinal gas is a common problem which may result in belching, bloating, abdominal discomfort and frequent passage of gas. These unpleasant and often embarrassing symptoms can be minimized if you follow the suggestions below. About 70% of gas in the intestinal tract comes from swallowed air. This list will help reduce the amount of gas you have.

1. Establish a daily routine of getting adequate exercise and rest.
2. Make the following habit changes:
 - Chew food thoroughly
 - Eat slowly and leisurely in a quiet atmosphere
 - Avoid washing solids down with a beverage
 - Avoid gulping and sipping liquids
 - Avoid drinking from small mouthed bottles or through straws
 - Avoid drinking from water fountains
 - Avoid carbonated beverages...beer included
 - Avoid sugary drinks (sodas, juices, etc.)
 - Avoid excessively hot and cold beverages
 - Eliminate pipe, cigar and cigarette smoking
 - Avoid chewing gum and sucking on hard candy
 - Check dentures for proper fit
 - Attempt to be aware and avoid deep sighing
3. Do not attempt to induce belching.
4. Do not overload the stomach at any one meal. Divide daily food intake into equal amounts for each meal, and reduce intake of fats.
5. Avoid gaseous vegetables: legumes, cabbage, brussel sprouts, cauliflower, broccoli, turnips, cucumbers, radishes, onions, melons and excesses of raw fruits and vegetables.
6. Avoid foods with air whipped into them: soufflés, sponge cake, milk shakes.
7. Avoid milk and dairy products if they cause gas for you.
8. Avoid long term or frequent use of medications intended for relief of cold symptoms.
9. Avoid tight fitting garments, girdles, belts.
10. Do not lie down or sit in a slumped position immediately after eating.
11. Take a leisurely stroll after meals.
12. Take only medication prescribed by your doctor.

These recommendations are intended to direct your attention to habits which contribute to excessive gas. You may find you will be able to reduce your gas below a level that is a problem for you by following only a few of these recommendations. Persistent symptoms, however, will require more careful attention to these suggestions.