



GASES and BLOATING

Gas is air that comes from:

- Swallowing air while eating and drinking, some comes out as burp.
- Certain foods such as beans, fruits, broccoli, wheat, potatoes, corn and noodles. Bacteria digest these types of food and produce gas inside the intestine.
- Trouble digesting certain foods such as wheat (Gluten intolerance) and dairy (lactose intolerance).
- Conditions of the bowel.

Instruction to the patient:

- Cut down certain kinds of food including: Milk and dairy products, beans, some vegetables such as cabbage, Brussels sprouts, broccoli, corn, potatoes and asparagus.
- Some whole grains e.g. wheat.
- Artificial sweeteners.
- Soda and fizzy drinks.
- Chewing gum.

Take simethicone (Maalox) to break up gas in intestine.

Beano to help digest beans and vegetables.

Bismuth Subsalicylate (Pepto-Bismol) to decrease smelling gas.

Treatment:

- Change what is eaten and drunk.
- Change how eating and drinking are done by being slow. This will help with burping.
- Use supplements.

Gluten Free Diet:

Gluten is a protein found in wheat, rye, barley and some oats.

Food that can be eaten: rice, corn, potatoes and soybeans, food labeled "gluten-free"

