

ANNEX-1

TREATMENT WITH A LOW FODMAP DIET

FODMAP are carbohydrates found in some foods, which cannot be digested and absorbed well.

People with irritable bowel syndrome are susceptible to the effects of FODMAP. When consumed in large amounts, they may cause symptoms such as diarrhea, constipation, gas pains and cramps.

The FODMAP, lactose and gluten intake are restricted in this medical diet program to reduce the symptoms.

	Fructose	Oligosaccharide	Polyol	Lactose
Fruits	Apple, Pear, Peach, Date, Raisin, Watermelon, Mango, Strawberry		Apple, Pear, Peach, Avocado, Coconut, Apricot, Plum, Cherry, Watermelon	
Vegetables		Onion, Garlic, Asparagus, Artichoke, Broccoli, Peas, Chicory, Brussels Sprouts, Cabbage, Leek, Okra, Beet	Yellow squash, cauliflower, mushroom	
Milk and Dairy Products				Milk, Ice cream, Chocolate Cream, Cheese
Cereals and pulses		Wheat, Rye, Barley	Chickpea, Lentil, Red Beans, Beans	
Desserts and Sweeteners	Jam, Molasses, Honey, Corn Syrup, Packed Fruit Juices		Sorbitol, Mannitol, Xylitol, Isomalt	

RECOMMENDATIONS:

You can safely consume red meat, fish, chicken, turkey, eggs and cheese (except cream cheese).

Daily consumption limit:

Eggs >>> pc(s)/day

Cheese>>>..... slice(s)/day

Meat/ Fish/ Chicken >>> in the size of meatball/day

You can consume lactose-free milk and yoghurt. All dairy foods contain lactose. You can prepare such food using lactose-free milk.

Daily consumption limit:

Lactose-free milk/yoghurt >>>.....water glass(es)/day

Do not consume bread, pasta, bulgur, cake, pastry, bakery desserts, biscuits, crackers, *boza* (a kind of fermented drink) vb. Do not consume food made with wheat, barley or rye flour. Choose "gluten-free" products. You can use gluten-free flour, cornflour, rice flour and chickpea flour. You can consume rice and quinoa.

You can consume all fruits and vegetables that are not listed on the previous page.

Daily consumption limit:

Fruits>>> portion/day

Vegetable >>> portion/day

ANNEX-2 VISUAL ANALOGUE PAIN SCALE



No pain Mild Moderate Severe Very Severe Worst Pain

ANNEX-3 BRISTOL STOOL SCALE

	Tip 1: Keçi pisliği tarzında, topak topak ve parça parça sert dışkı
	Tip 2: Daha büyük ve birleşik topaklanma
	Tip 3: Daha az kalın, daha yumuşak kıvamlı, yüzeyinde derin olmayan çatlakların olduğu dışkı
	Tip 4: Yılan veya sosis gibi pürüzsüz, kaygan yüzeyli ve yumuşak kıvamlı dışkı
	Tip 5: Kenar verecek kıvamda parça parça dışkı
	Tip 6: Yumuşak kıvamlı, su içeriği daha fazla, parça parça dışkı
	Tip 7: Sert ya da yumuşak, katı dışkı içeriği hiç olmayan sulu dışkı

Type 1: Separate hard lumps, like nuts (difficult to pass and can be black)

Type 2: Sausage-shaped, but lumpy

Type 3: Like a sausage but with cracks on its surface (can be black)

Type 4: Like a sausage or snake, smooth and soft (average stool)

Type 5: Soft blobs with clear cut edges

Type 6: Fluffy pieces with ragged edges, a mushy stool (diarrhea)

Type 7: Watery, no solid pieces, entirely liquid (diarrhea)

ANNEX-4 IBS SCALE OF SEVERITY

1) *How severe is your pain?*

0	25	50	75	100
No pain	Mild	Moderate	Severe	Very Severe

2) *If in pain, how severe is your abdominal pain?*

0	25	50	75	100
No pain	Mild	Moderate	Severe	Very Severe

Severe

3) *How severe is your abdominal distention (bloating)?*

0	25	50	75	100
No distention	Mild	Moderate	Severe	Very Severe

4) *How satisfied are you with your bowel habits?*

0	33	66	100
Very happy	Quite happy	Unhappy	Very unhappy

5) *How does IBS affect your daily life?*

0	33	66	
100			
Not at all	A little	Quite a lot	Constantly