



# Managing IBS at work

Living and working with IBS, Irritable Bowel Syndrome, can be very difficult at times. More time off than your colleagues\*, and travelling to and from work and to meetings can be stressful.

## Stress and anxiety

Try:

- To manage your workload effectively
- Pace yourself – try not to be a victim of others agendas
- Take regular breaks
- Talk to your line manager about your condition – ask for support

## Diet and eating at work

Try:

- Getting up earlier to allow time for breakfast
- Taking a proper lunch break and avoid eating meals on the run
- Preparing your own food so you are sure as to what it contains
- Not to skip meals to avoid having to go to the toilet
- Drinking at least eight cups of non-caffeinated fluids per day

## Be prepared

Keep a supply of your IBS medication within easy reach, along with some wipes and anything else you might need during an attack.

**You are not alone. The IBS Network, the national charity supporting people living with IBS, can offer help and advice in managing your condition.**

It is estimated that Britain's businesses lose almost £3 billion every year through sick days related to gut health.\*

