



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.

