



Colon & Rectal Surgery

Medical Management of Intestinal Gas

Excessive gastrointestinal gas is a common problem that may lead to belching, bloating, abdominal discomfort and frequent passing of gas. These unpleasant and often embarrassing symptoms can be prevented if you follow these 12 steps listed below.

1. Get enough rest.
2. Follow these tips:
 - Chew food thoroughly
 - Eat slowly and leisurely in a relaxed setting
 - Eliminate gulping or sipping liquids
 - Do not wash down solids with a beverage
 - Resist drinking from small-mouthed bottles
 - Never use straws
 - Steer clear of water fountains
 - Remove carbonated beverages from your diet—including beer
 - Avoid drinking extremely hot or cold beverages
 - Stop smoking of any kind (pipe, cigar, cigarette)
 - Pass up chewing gum and sucking on hard candy
 - Check dentures for proper fit
 - Try to avoid deep sighing
3. Do not try to belch.
4. Do not overload the stomach at one time—divide daily food intake into equal amounts for each meal.
5. Avoid gas-producing vegetables—navy beans, cabbage, Brussels sprouts, cauliflower, broccoli, turnips, cucumbers, radishes, onions, melons—and eating lots of raw fruits and vegetables.
6. Avoid foods with air whipped into them, such as soufflés, sponge cakes and milkshakes.
7. Avoid long-term or frequent intermittent use of medications for colds, cough, nasal congestion or post-nasal discharge.
8. Avoid tight-fitting garments, girdles and belts.
9. Do not lie down or sit in a slumped position immediately after eating.
10. Enjoy a leisurely stroll after meals.
11. Take only medication prescribed by your doctor.
12. Get adequate exercise.

These recommendations are to remind you of eating and living habits that can decrease excessive gas. You may be able to reduce your intestinal gas by following just a few of these tips. Persistent symptoms, however, will require more careful attention to these suggestions and further adjustment of your daily habits.

Excerpted with permission from the American Society of Colon & Rectal Surgeons