

Fast Facts

Flatus

- Formation of gas in your intestines is a normal part of the digestive process
- Gas in the stomach results from swallowing air when you eat or drink
- Gas can form in your large intestines when the bacteria that live there ferment carbohydrates, such as fiber, some starches, and some sugars, that aren't digested by your small intestines (the bacteria can consume some of the gas)
- Most people pass gas up to 20 times a day
- Some things are more likely to cause gas, such as high-fiber foods (ex. beans, peas, fruits, vegetables, and whole grains), carbonated beverages, eat too quickly, drink through a straw, chew gum, suck on candies, talk while chewing, consume sugar substitutes or artificial sweeteners (ex. sorbitol, mannitol, and xylitol), or use fiber supplements containing psyllium (ex. Metamucil)

| <i>Symptoms</i> | <i>Treatment</i> | <i>Prevention</i> |
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| <ul style="list-style-type: none"> -Burping -Passing gas -Pain in your stomach -Cramping or knotted feeling -Bloating (a feeling of fullness or pressure in your abdomen) -Distention (an observable increase in the size of your stomach) | <ul style="list-style-type: none"> -Manage underlying medical condition -For all other types, implement diet changes and lifestyle modifications (see Prevention Section) <i>Over-the-Counter Medicines:</i> <ul style="list-style-type: none"> -Alpha-galactosidases (Beano) -Lactase supplements (Lactaid) -Simethicone (Gas-X) -Activated charcoal (Actidose-Aqua) | <ul style="list-style-type: none"> -Keep a diary of your diet and symptoms -Reduce/eliminate high-fiber foods -Reduce dairy products, -Remove sugar substitutes from your diet -Cut back on dietary fat -Avoid or reduce intake of carbonated beverages -Be careful with fiber supplements -Drink plenty of water -Eat slowly and chew food thoroughly -Don't gulp drinks -Avoid straws -Avoid chewing gum and sucking on hard candies -Make sure dentures fit correctly -Don't smoke -Get regular exercise |

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