



Liver and Gallbladder

- Liver produces and secretes bile, which is stored and concentrated in the gallbladder¹

Stomach

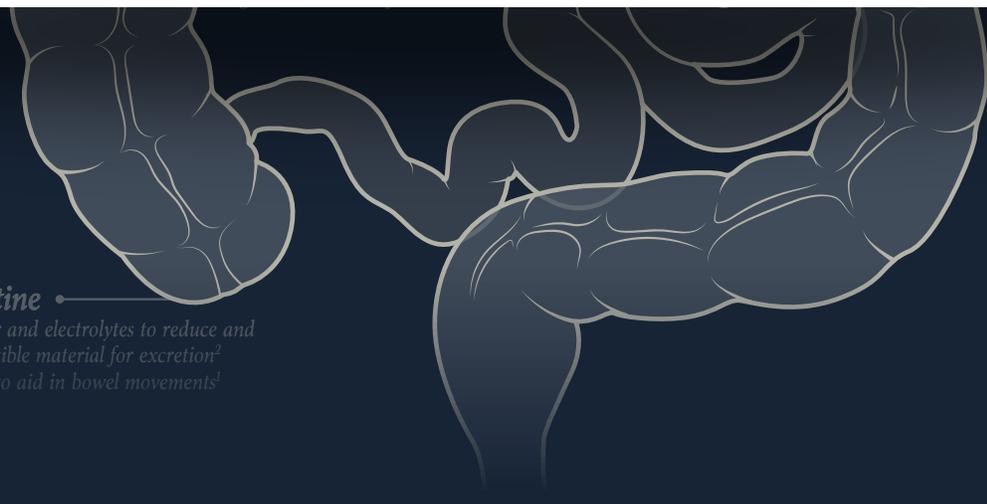
- Mixes food with stomach acids and enzymes, digesting proteins and fats¹

Pancreas

- Secretes enzymes for the digestion of proteins, fats, and carbohydrates¹

Telemedicine & GI

Tools to Support Patient Education on GI Health



Large Intestine

- Reabsorbs water and electrolytes to reduce and compact indigestible material for excretion²
- Secretes mucus to aid in bowel movements¹

TABLE OF CONTENTS

The enclosed resources are designed to help facilitate telemedicine discussions. The first three tools can be emailed to your patients.

1. Low FODMAP Diet

Diet is one way people manage their symptoms of IBS. Some will avoid the foods that trigger their symptoms. Another diet option for IBS, developed in Australia, can help in managing IBS symptoms. It's called the low FODMAP diet. Use this resource to explain the diet to your patients, and email it to your patients pre- or post- their telemedicine call for future reference.

2. Tell Me About Your Gut Intake Form

In the absence of alarm features, this resource can assist your patient discussion. Have your patients complete this form prior to their telemedicine call to help spur a robust discussion about their GI and abdominal symptoms.

3. Abdominal Pain Scale

Have your patients complete this form prior to their telemedicine call to help spur a robust discussion about their abdominal pain.

4. Digestion and Absorption

Use these diagrams with your patients to help them understand the different parts of the digestive system and layers of the digestive tract.

5. Layers of the Digestive Tract Diagrams

These can help to explain what "normal" vs "abnormal" appearance or function is for better patient understanding.

LOW FODMAP DIET

What Is the Low FODMAP Diet?

FODMAP stands for **F**ermentable **O**ligosaccharides, **D**isaccharides, **M**onosaccharides **A**nd **P**olyols. These fermentable short-chain carbohydrates are prevalent in the diet.

- **Oligosaccharides:** fructans and galacto-oligosaccharides (GOS)
- **Disaccharides:** lactose
- **Monosaccharides:** fructose
- **Polyols:** sorbitol and mannitol



EAT MORE OF THESE FOODS

- **Lactose-free dairy:** rice milk, almond milk, coconut milk, hard cheeses
- **Fruit:** Bananas, berries, citrus
- **Vegetables:** Carrots, cucumbers, lettuce, eggplant
- **Protein:** Beef, pork, chicken, fish, eggs and tofu
- **Nuts/seeds (limit to 10-15 each):** Almonds, macadamia, peanuts, pine nuts and walnuts
- **Grain:** Oat, oat bran, rice bran, gluten-free pasta, such as rice, corn, quinoa, white rice, corn flour



EAT LESS OF THESE FOODS

- **Lactose:** Cow's milk, yogurt, ice cream
- **Fructose:**
 - **Fruit:** apple, peach, mango
 - **Sweeteners:** honey, agave nectar
 - **High fructose corn syrup**
- **Fructans:**
 - **Vegetables:** broccoli, asparagus, garlic, onions
 - **Grains:** wheat, rye
 - **Added fiber:** inulin
- **Galacto-oligosaccharides:**
 - legumes, soy, broccoli
- **Polyols**
 - **Fruits:** apples, apricots, watermelon
 - **Vegetables:** cauliflower, mushrooms, snow peas
 - **Sweeteners:** sorbitol, mannitol, xylitol, maltitol and isomalt



MAY TRIGGER IBS SYMPTOMS

- **Apples**
- **Beans**
- **Broccoli**
- **Cabbage**
- **Caffeine**
- **Cauliflower**
- **Foods/beverages sweetened with fructose or sorbitol**
- **Chocolate**
- **Dairy products**
- **Fatty foods**
- **Margarine**
- **Fruit juices**
- **Wheat products**

1. Harvard Health Publishing. Harvard Medical School. September 2019. Available from: <https://www.health.harvard.edu/diet-and-weight-loss/a-new-diet-to-manage-irritable-bowel-syndrome>. Accessed July 2021.

TELL ME ABOUT YOUR GUT

1. How many bowel movements do you have in a week?

2. Do you experience any of the following?

- | | |
|-----------------------|---------------------------------------|
| Abdominal pain | Straining (difficulty passing stools) |
| Bloating / Distension | Hard stools |
| Abdominal discomfort | Incomplete bowel movements |

Have you experienced these for more than 3 months?

Yes No

Other Symptoms (please explain)

3. Have you taken any prescription or over-the-counter medications to help you with your bowel movements in the last month?

Yes No

If yes, which medication and how often do you take it?

4. Have you experienced any changes in the frequency of your bowel movements or in the appearance of your stools?

Yes No

If yes, please describe

5. How satisfied are you with your bowel movements overall?

Very Dissatisfied	Dissatisfied	Neither Satisfied nor Dissatisfied	Satisfied	Very Satisfied
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WHAT'S YOUR NUMBER?



Separate hard lumps, like nuts (hard to pass)



Sausage-shaped but lumpy



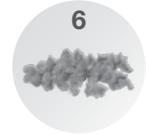
Like a sausage or snake but with cracks on the surface



Like a sausage or snake, smooth and soft



Soft blobs with clear-cut edges



Fluffy pieces with ragged edges, a mushy stool



Watery, no solid pieces. Entirely liquid

Modified from original version.
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Your doctor can help you find relief. Share this information at your next doctor visit. To help find the right treatment for you, your doctor needs to know all your symptoms and how they are affecting you.

ARE YOU LIVING WITH BELLY PAIN AND CONSTIPATION OR DIARRHEA?

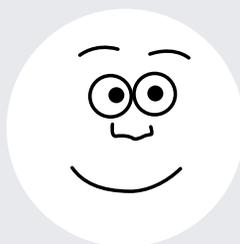
WHAT'S YOUR NUMBER?

Which number best describes
your belly pain?



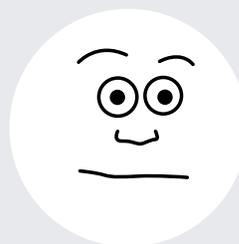
0

No Hurt



2

Hurts
Little Bit



4

Hurts
Little More



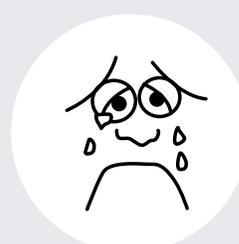
6

Hurts
Even More



8

Hurts
Whole Lot

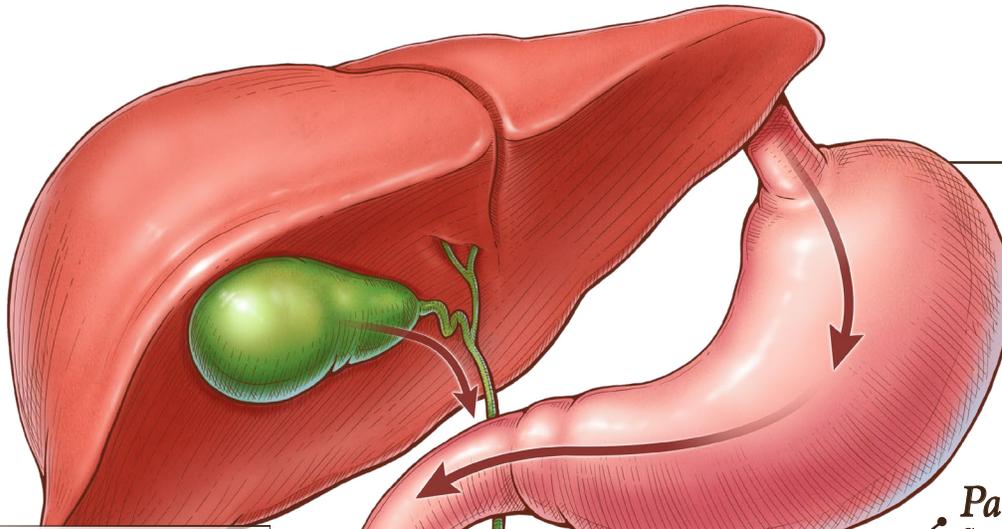


10

Hurts
Worst

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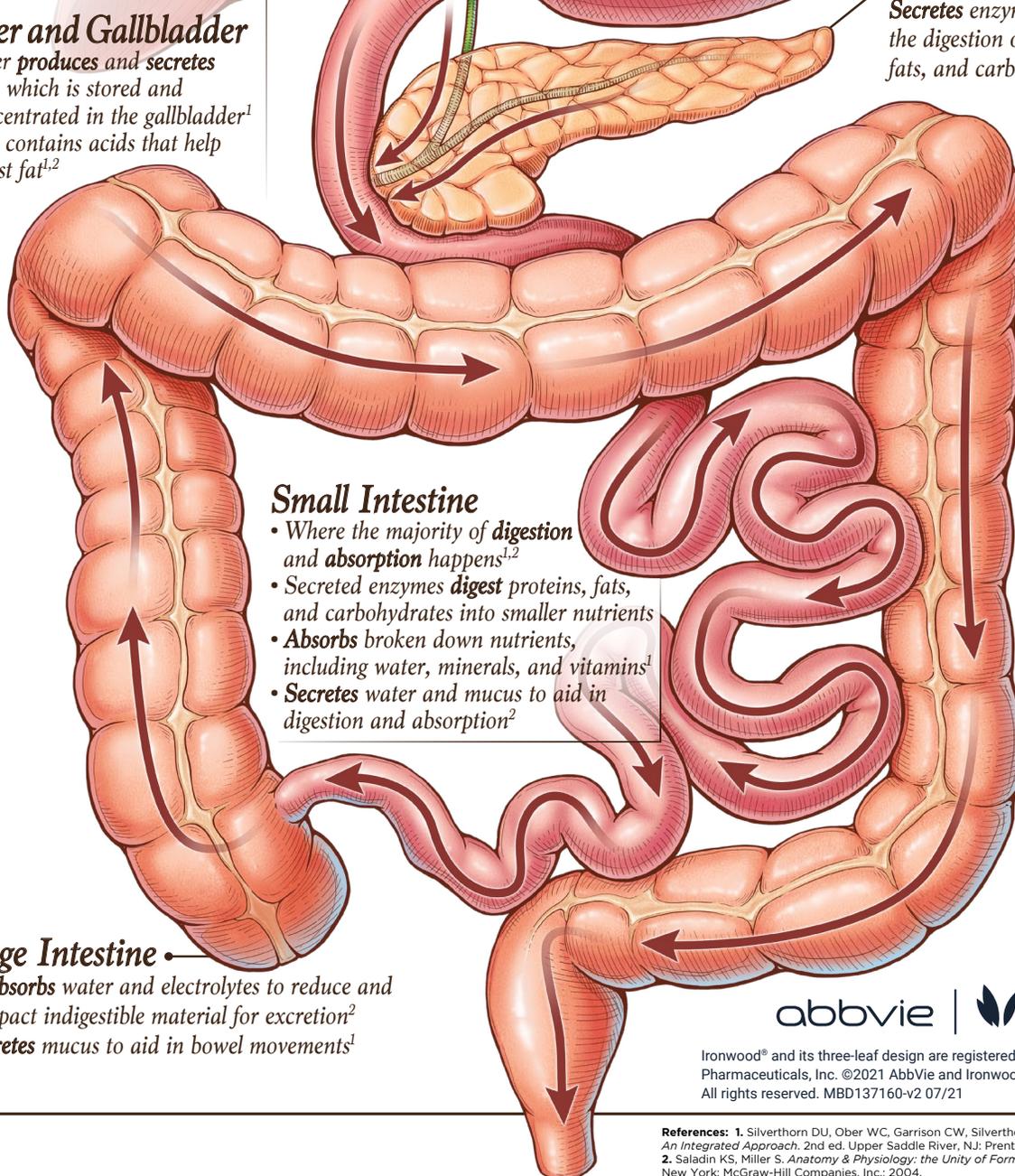
Digestion and Absorption



Stomach
Mixes food with stomach acids and enzymes, digesting proteins and fats¹

Pancreas
Secretes enzymes for the digestion of proteins, fats, and carbohydrates¹

Liver and Gallbladder
• Liver produces and secretes bile, which is stored and concentrated in the gallbladder¹
• Bile contains acids that help digest fat^{1,2}



Small Intestine
• Where the majority of digestion and absorption happens^{1,2}
• Secreted enzymes digest proteins, fats, and carbohydrates into smaller nutrients
• Absorbs broken down nutrients, including water, minerals, and vitamins¹
• Secretes water and mucus to aid in digestion and absorption²

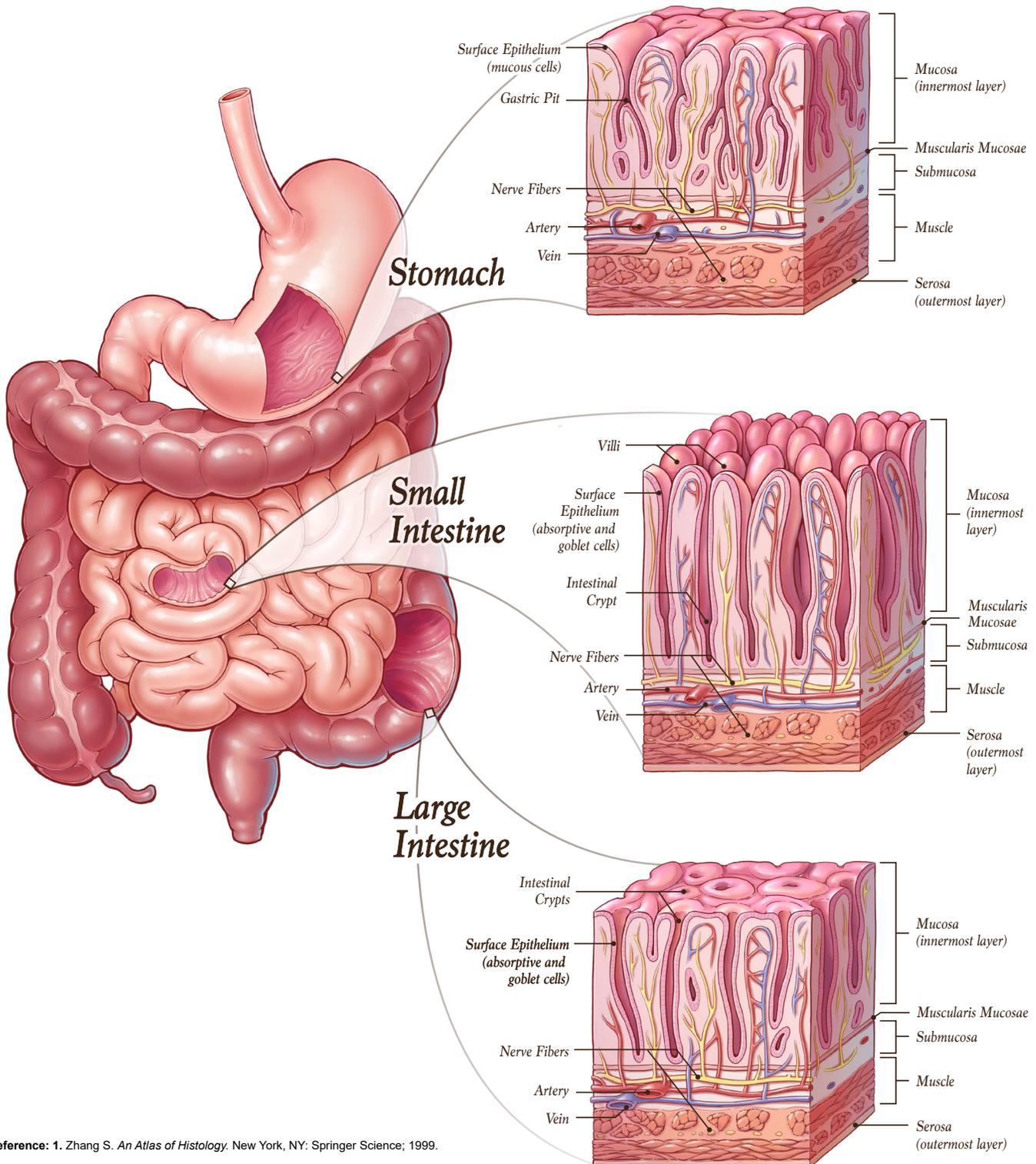
Large Intestine
• Reabsorbs water and electrolytes to reduce and compact indigestible material for excretion²
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References: 1. Silverthorn DU, Ober WC, Garrison CW, Silverthorn AC. *Human Physiology: An Integrated Approach*. 2nd ed. Upper Saddle River, NJ: Prentice-Hall, Inc.; 2001.
2. Saladin KS, Miller S. *Anatomy & Physiology: the Unity of Form and Function*. 3rd ed. New York: McGraw-Hill Companies, Inc.; 2004.

Luminal Surface and Layers of the Digestive Tract



Reference: 1. Zhang S. *An Atlas of Histology*. New York, NY: Springer Science; 1999.