

If you have been referred to the Dietetic Department for dietary advice related to your gastrointestinal symptoms such as abdominal pain or discomfort, bloating, lethargy, nausea, reflux or a change in bowel habit. We have posted resources to help you self-manage your condition.

You may find it helpful to listen to a webinar by Specialist NHS Gastroenterology Dietitians giving the most up-to-date and accurate advice on first line dietary treatment for Irritable Bowel Syndrome, including information on dairy, lactose, gluten and the low FODMAP diet and whether allergy testing is useful in IBS treatment.

This webinar is available at:

<https://patientwebinars.co.uk/ibs/ibs-webinars/> Click on further help and support then click on the IBS video

Or you can type directly into your browser:

<https://www.youtube.com/watch?v=3ALGE4SWnU8&feature=youtu.be>

Alternatively if you have a confirmed food allergy you may find Allergy UK website has useful information. This can be found at <https://www.allergyuk.org/information-and-advice>.

The NHS patient webinars also have Adult food allergy information at:

<https://patientwebinars.co.uk/adult-allergy-webinars/>

As you are aware the NHS is currently under immense pressure due to the current COVID 19 pandemic. During this period we are not able to provide our usual service as we need to prioritise to reduce the risk to our patients. In view of this, we unfortunately are unable to offer you an appointment in our gastroenterology clinic. Should the national position change we will be able to resume our service as normal and you can self-refer back into our service.