

## Important Tips: Low FODMAPS Diet



1. This is a **3 step diet**. ***We strongly recommend*** 3 visits with the dietitian for evaluation, assessment, and instructions at each phase
  - Phase 1 – FODMAPS Elimination diet
    - 2-6 weeks following a restricted low FODMAPS diet
  - Phase 2 – FODMAPS Challenge phase
    - 3-5 weeks maintaining restricted diet while doing structured food challenges by groupings
  - Phase 3 – FODMAPS transition
    - Diet ends, new recommendations begin depending upon results from challenge phase
2. Symptoms should begin to improve between days 7-10 on the low FODMAPS diet, phase 1. If no improvements are noted, please begin to keep a detailed record of all foods and drinks consumed, and the timing of your symptoms. Keep your appointment for phase 2 to review any changes in plan or instructions.
3. Do not add or stop any medications while you are on this diet without consulting your gastroenterologist.
4. While following the low FODMAPS diet, we recommend stopping any dietary supplements including vitamins, fiber, minerals, herbs and other oral remedies unless the ingredients have been reviewed and approved by the dietitian.

