

# ADVANCED GASTROENTEROLOGY OF BERGEN COUNTY, P.A.

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Gastroenterology  
Hepatology  
Gastrointestinal Endoscopy

## THE ANTI-GAS DIET

### HIGH GAS FOODS (TRY TO AVOID):

MILK - CAN ADD LACTAID  
MILK PRODUCTS  
ICE CREAM - TOFU, SHERBERTS & YOGURT PERMITTED  
ONIONS, BEANS, CELERY & CARROTS  
RAISINS, BANANAS, PEACHES, PEARS & APRICOTS  
PRUNES & PRUNE JUICE  
PRETZELS  
BAGELS  
WHEAT GERM  
BRUSSEL SPROUTS, BROCCOLI, CAULIFLOWER & CABBAGE  
'SUGAR FREE" GUM & MINTS WHICH CONTAIN SORBITOL

### MODERATE GAS FOODS (TRY TO AVOID)

PASTRIES  
POTATOES & EGGPLANT  
CITRUS FRUITS & APPLES  
BREAD

### LOW GAS FOODS (TRY TO EMPHASIZE IN YOUR DIET):

MEATS, FOWL & FISH  
VEGETABLES OTHER THAN THOSE LISTED ABOVE  
FRUITS OTHER THAN THOSE LISTED ABOVE  
RICE, CORN, NUTS, EGGS, JELLO & WATER

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## **CONTROLLING THE SYMPTOMS OF HEARTBURN DUE TO GERD**

### **EATING:**

Keep meals small and low in fat.

Eliminate or cut down on some of the following foods:

- \* Caffeine-containing foods like coffee, tea or cola.
- \* Tomatoes, citrus fruits, milk, peppermint, spearmint or chocolate.
- \* Any food that upsets your stomach.

### **PERSONAL HABITS:**

Avoid or reduce use of:

- \* Cigarettes or any other tobacco.
- \* Alcohol.

Lose weight if needed.

Avoid tight-fitting clothes.

### **SLEEPING:**

Allow your food to digest at least three hours before lying down.

Raise the head of the bed with four to six inch blocks.

### **MEDICATIONS:**

Take antacids and/or other **GERD** medication as directed by your physician.

Tell your doctor if you are taking any other medications.

Take the full course of medications exactly as prescribed by your doctor.

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## GUIDELINES FOR MANAGING CONSTIPATION

- \* Increase fluids to at least six to eight glasses per day.
- \* Eat a diet high in fiber.
- \* Eat fresh fruits, fruit juices, and vegetables.
- \* Avoid pasta, pastries, cheese, rice, and foods with white sugar.
- \* Exercise regularly.
- \* Establish a regular time for defecation. (Best times for evacuations are usually after a meal.
- \* Drink warm prune juice or other warm beverages one hour before scheduled defecation time to stimulate urge.
- \* Use toilet or bedside commode instead of a bedpan if possible. (Ideal position is a modified squatting position with feet placed on a stool.)
- \* Relax by reading or listening to music in the bathroom.
- \* Allow sufficient time in the bathroom.
- \* Don't delay when you have the urge to evacuate.
- \* Avoid laxative and enema abuse.
- \* Take stool softeners, suppositories or laxatives as ordered. (Overuse of laxatives can cause constipation.)
- \* Use enemas or manual disimpaction for severe constipation.
- \* Report constipation that frequently reoccurs or that does not respond to treatment to physician.

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## PRURITUS ANI

*Pruritus ani* (anal itch) is a common condition involving the skin around the anus.

Although we are often unable to determine the exact cause, we know that certain drugs (especially antibiotics), and certain beverages (especially coffee) may be precipitating factors. Also, soap products used to wash the skin around the anus may increase the irritation and itching.

The following beverages should be completely eliminated from your diet: coffee (including decaffeinated coffee), beer, wine, bourbon, gin, scotch, cola beverages (Coke, Pepsi, etc.). Also avoid tomatoes, spices, and chocolate.

No soap should be applied to the perianal skin at all. (Use **Balneol** lotion to clean this area.) Use the prescribed ointment on the irritated area as directed. A thin layer of ointment should be gently rubbed into the irritated skin (do not attempt to apply the ointment up into the anal canal).

Starting in the seventh week, reintroduce one beverage at a time into your diet, and add one at a time each following week. If the itching recurs with one of these beverages, it may be necessary to eliminate it permanently to control the problem. Coffee is often the worst offender.

**Anal Hygiene** - Wiping habits are very individualized. Most people use paper and tend to rub vigorously. Wipe with moistened white paper, or absorbent cotton can be used. We prefer **Balneol** because of its convenience and its soothing effect. Place some on the paper and gently wipe or pat the anus. Then gently wipe the anus until dry. Avoid soap. Do not rub with a towel after bathing. Cotton may be used between the buttocks, especially if one perspires. Avoid extremes of hot or cold.

Avoid synthetic underwear, especially if the anal area is moist. Most underwear is 30 to 100% synthetic. Use cotton only. Avoid jockey shorts. Tension and stress may aggravate your symptoms. You may need a mild tranquilizer to control these symptoms.

Remember, your itching will not stop abruptly. You must have patience. If symptoms do persist, please consult with us again.

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## **IRRITABLE BOWEL SYNDROME**

### **Dietary Guidelines for Helping to Eradicate Bacteria Overgrowth and Prevent Its Return**

Traditionally, the diet for people with IBS was one that encourages the consumption of high-fiber foods along with plenty of fluids to increase bowel motility and to relieve constipation. In addition, patients were often advised to eat five to six smaller meals during the day, instead of the normal, larger three meals that most people commonly eat. Unfortunately, both of these measures - high-fiber diets and more frequent meals - were counterproductive for most patients with IBS.

The problem with fiber is that it is comprised of carbohydrate chains that humans can't digest. The undigested fiber supplements make their way down the colon, where the bacteria ferment it, producing bloating. Therefore, I recommend a diet that contains only modest amounts of fiber found naturally in fruits and vegetables, in place of fiber supplements intended as stool-bulking agents. I think you're getting the idea: don't eat food that leaves much behind.

Eating more than three meals a day also causes problems for people with IBS. The reason for this is that the cleansing-wave mechanism that rids the small intestine of food byproducts, waste, and bacteria can only occur when you're not eating. The more meals that you have per day - and this includes snacks between meals - the less time your body has to produce appropriate cleansing waves, making it easier for the bacteria in the small intestine to maintain their colonization.

The dietary approach that I recommend to my IBS patients is to eat foods that are easily digested, so that most of the nutrients can be absorbed higher up in the intestine, away from bacteria. In this case, less "residue" is left over at the distal, or "bottom" end. Your diet should contain some fiber for bulk and proper stool formation, but not too much, and it should be primarily composed of foods that are easily absorbed.

Foods that are *not* well absorbed should be minimized or eliminated from the diet altogether, because they end up being a good fuel source for the bacteria residing near the “bottom” of the small intestine.

Adequate fluid intake throughout the day is also important. If your diet does not include enough water, it becomes more difficult for your body to have proper bowel motility. Without healthy bowel movement, the buildup of bacteria within the gastrointestinal tract becomes more likely.

Finally, as I mentioned, it is important that you limit your food intake to three meals per day, eating nothing in between. This means that you allow three to five hours between each meal, and avoid snacks and drinks (other than water) during that time, so that the small intestine’s cleansing-wave function can take place. For those patients who are most prone to bacterial overgrowth, the cleansing-wave function may not be very efficient. This is why it is particularly important that you give the small intestine a break from food for three to five hours between meals to allow the cleansing function a chance to rid the intestine of food residue and bacteria.

What follows are ten guidelines on how to eat in order to most effectively reduce and prevent bacterial overgrowth. These guidelines should also be followed after you complete the IBS protocol and have eradicated bacterial overgrowth, so that you have the best chance of minimizing its return.

1. Try to avoid the following sweeteners:

- \* Corn syrup (fructose)
- \* Mannitol
- \* Sorbitol
- \* Sucralose (Splenda)
- \* Lactose
- \* Lactulose

The biggest culprit is sugar-free gum, which most often contains sorbitol (a sugar that humans cannot digest). On the other hand, glucose, sucrose (table sugar), and aspartame (Equal or Nutrasweet) are acceptable. You should also limit foods and food products sweetened with fruit juice, which contains fructose. This is hard because so many food products are sweetened with fructose. Try to limit your sugar intake to no more than 40 grams per day, and ideally much less. Reading food labels can help you achieve your goal.

2. Limit or eliminate the following “high-residue” foods. These foods are difficult to digest and leave residue in the small intestine:
  - \* Beans (kidney beans, garbanzo beans, pinto beans, etc.)
  - \* Lentils
  - \* Peas (including split-pea soup)
  - \* Soy products (tofu, soymilk)
  - \* Yogurt, milk, and cheese (100-percent Lactaid milk is acceptable as a milk substitute)
3. Drink eight cups of water a day. A good guideline is to drink two cups of water with each of your three meals, then one cup between breakfast and lunch, and one cup between lunch and dinner.
4. Beef, fish, poultry and eggs are acceptable foods, and are also good sources of protein. You do not need to limit these foods throughout the day. However, be sure to only eat portions that are appropriate for your body size. Most people require only about 4-8 ounces of meat products per day.
5. Potatoes, pasta, rice, bread and cereals are also acceptable. It’s all right to include some of these foods at each meal. They contain carbohydrates that are well absorbed high up in the small intestine, serving as fuel for your body, not for the bacteria. A good rule of thumb is to eat no more than a half cup to one cup of these carbohydrate foods at each meal. Believe it or not, white bread is best in this circumstance. Try to

keep multigrain breads to a minimum. If whole-grain breads are desired, oat and wheat fibers are better choices. Also avoid wild rice.

6. Fruits should be eaten in moderation - two servings per day. Fruits contain fructose, which again is difficult to digest. Choose fresh, not dried fruit. Dried fruits concentrate the fructose into a smaller package and it allows for more fructose ingestion because more is eaten.
7. Fresh, nonstarchy vegetables should also be part of your daily food intake. Cooked or lightly steamed vegetables are preferable to raw vegetables, because they are easier to digest and to absorb. Avoid large salads full of raw vegetables, as this can lead to too much residue. You can incorporate small amounts of salad, but do not eat raw vegetables exclusively as they are hard to digest. A good rule of thumb is to have three to five cups of cooked vegetables per day.
8. Dairy products are best avoided because of the lactose they contain. In addition, do not substitute with soymilk, as soy products contain nonabsorbable oligosaccharides, a class of carbohydrate that can contribute to bloating. Try almond or rice milk instead. Another great alternative is Lactaid milk, because all of the lactose is pre-digested.
9. Coffee, tea, and soda should be consumed only in moderate amounts. Out of these three types of beverages, tea is probably the most healthful choice. Coffee is also acceptable as long as you limit your intake to one or two cups per day. Sodas, on the other hand, are not a healthy choice. Non-diet sodas may contain corn syrup and other types of sugar. Diet sodas are now starting to contain sucralose (Splenda), another fuel source for bacteria. These types of soda should be avoided altogether. Diet sodas containing Nutrasweet may be consumed in moderation. When you are thirsty, however, the best option is to have pure, filtered water. Water flavored with lemon or lime juice is also a good alternative.
10. Finally, make sure you eat a balanced diet and that your meals contain sufficient calories so that you are able to maintain your body weight. In addition, incorporate moderate exercise into your weekly routine at least every other day, as regular physical activity helps to maintain regular bowel movements.

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## Guidelines for Managing Lactose Intolerance

You may need to reduce or eliminate from your diet the following foods that have lactose, as well as the foods that contain them:

Butter	Margarine
Buttermilk	Milk
Cheese	Milk chocolates
Cream	Milk solids
Chocolate milk	Sherbet
Dry powdered milk	Shortening
Evaporated milk	Sweetened condensed milk
Ice cream	Whey
Ice milk	Yogurt

- Lactate, lactic acid, lactalbumin, and casein do not contain lactose and are safe to use.
- Acidophilus milk may be tolerated by some individuals, but it is not lactose free.
- Most health food stores have many milk-free products (usually carried for vegetarians who avoid dairy products). These include soy cheeses, soy milk, soy- and rice-based frozen desserts, etc.
- Yogurts tend to be well tolerated since they may contain active cultures that provide an enzyme that digests lactose. Not all yogurts contain these cultures, so read the label for "active cultures" listed.
- Some people can tolerate aged cheese (aged over 90 days). Examples are cheddar, Swiss, and Parmesan.
- High-fat dairy products such as ice cream or milkshakes may be better tolerated because they are digested slowly.
- Some unlikely foods may contain lactose, for example, French fries (if preblanched in whey), hot dogs, sausages, pancakes, creamy salad dressings, creamed soups, instant cocoa mix, and gravies. Read package labels.
- Kosher products marked "pareve" (P) are lactose free. They can be labeled with a K. Kosher dairy products **do** contain lactose.
- Breads and crackers that are generally lactose free include Italian bread, French bread, hard rolls, and saltines.
- Many medications and vitamin supplements contain lactose. Check with your doctor or pharmacist.

## Low-Lactose Diet

Type of Food	Allowed Items	Excluded Items
Beverages**	Water, lactose-free carbonated beverages, fruit flavored drinks, fruit punches, lemonade, limeade, nondairy drinks, low-lactose milk, acidophilus milk, coffee, and tea*	Artificial fruit drinks containing lactose, all beverages and nutritional supplements made with milk and milk products with the exception of buttermilk, low-lactose milk, and yogurt
Bread	All	None
Cereals	Any cooked or dry cereal not containing lactose	Instant hot cereals, high-protein cereals, all cereals with added milk or lactose
Flour	All	None
Cheeses	Fermented cheeses (cheddar and any cheese aged with bacteria)	All others
Desserts	Fruit ices; gelatins; angel food cake; desserts made with nondairy products, buttermilk, or sour cream	Ice cream, puddings, and other desserts containing milk or milk products
Eggs	All except raw eggs and eggs prepared with milk or milk products	Creamed, scrambled, omelets, or other eggs prepared with milk; raw eggs
Fats	Margarine not containing milk solids, vegetable oils, mayonnaise, shortening	All others: cream, half-and-half, table and whipping cream, butter
Fruits Fruit Juices	All fresh, canned, or frozen fruit juices; fruits not processed with lactose	Any canned or frozen fruits and fruit juices processed with lactose
Meat Poultry Fish Legumes Nuts	Any except those specifically excluded	Creamed or breaded fish, poultry, meat; cold cuts, hot dogs, liver, sausage, or other processed meats containing milk or lactose; gravies made with milk

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**Low-Lactose Diet – page 2**

<b>Type of Food</b>	<b>Allowed Items</b>	<b>Excluded Items</b>
<b>Milk Milk Products</b>	Fermented milk products such as acidophilus milk, buttermilk, yogurt, and sour cream; low-lactose products; "lactose-digesting" pills or caplets	All milk, milk products except those allowed
<b>Potatoes Rice Pasta</b>	White or sweet potatoes, macaroni, noodles, spaghetti or other pasta, rice	Any prepared with milk, such as commercially prepared creamed or scalloped potato products containing dried milk
<b>Soups</b>	Broth-based soups	Cream soups, chowders, commercially prepared soups that contain milk or milk products
<b>Sweets</b>	Honey, jams, preserves, syrups, molasses	Candy containing lactose, milk, or cocoa; butterscotch candies; caramels; chocolates (Read all labels carefully.)
<b>Vegetables</b>	All vegetables except those prepared with milk	Any prepared with milk, such as creamed, scalloped, or any processed vegetables containing lactose
<b>Miscellaneous</b>	Catsup, chili sauce, horseradish, olives, pickles, vinegar, gravies prepared without milk, mustard, all herbs and spices, peanut butter, unbuttered popcorn	Chocolate, cocoa, milk gravies, cream sauces, chewing gum, instant coffee, powdered soft drinks, artificial juices containing milk or lactose

\*Your doctor may recommend decaffeinated coffee or tea.

\*\*Check with your doctor before drinking alcohol. Alcohol cannot be used safely with some medicines.