

What can friends and family do to support those with IBS? Supportive relationships are very important. It is also important not to blame the person for their symptoms. Those with IBS may be embarrassed by their illness. Having supportive friends and family give the patient the emotional support they need to deal with stress and their conditions. Making the illness the primary focus of the person's life does not help, but continued support does help. Having a good doctor, supportive friends and family, and knowing as much as possible about IBS all help patients cope. Pharmacy technicians can remind patients of these facts and help others deal with this often bothersome condition.

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IDEA IN BRIEF:

Symptoms of irritable bowel syndrome (IBS) are common, but many patients do not realize they have IBS. Knowing the symptoms and getting treatment are imperative. It is impossible to cover every medication used to treat IBS, but this article gives an overview of the illness and some of the drugs used to treat it.

IDEA IN PRACTICE:

After reading this article, pharmacy technicians who encounter patients with IBS symptoms will be able to anticipate questions concerning prescription and nonprescription medications used to treat IBS and identify opportunities for pharmacist counseling.