

IBS Flare-Up Survival Kit

Introduction

Living with IBS means unpredictability. One moment you're fine, the next you're curled up in bed with stabbing cramps, bloating, and fatigue. The IBS Flare-Up Survival Kit is your quick-access resource for staying grounded, informed, and in control when flare-ups strike. This downloadable kit gives you practical tools to ease symptoms, track patterns, and bounce back faster.

What's Inside Your IBS Flare-Up Survival Kit

1. Emergency Food List

A quick-reference list of low FODMAP, gut-soothing foods typically well-tolerated during flare-ups:

- White rice
- Plain scrambled eggs
- Canned tuna in spring water
- Zucchini (peeled)
- Oats (gluten-free)
- Peppermint tea
- Lactose-free yogurt
- Bananas (firm/yellow)

2. Symptom Tracker

Monitor key flare-up patterns:

Date	Time	Symptoms	Triggers	Duration	Relief Tried

3. Simple Meal Plan Templates

When cooking is too much, use one of these:

- Breakfast: GF oats + lactose-free milk + banana slices
- Lunch: White rice + steamed zucchini + canned tuna

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- Dinner: Scrambled eggs + mashed potatoes + spinach

4. Medication & Supplement Reminder Cards

Supplement	Timing	Effect
Peppermint Oil Capsule	Before meals	Eases cramps
Probiotic (low FODMAP)	Every morning	Daily gut support

5. Stress Relief Techniques

- 4-7-8 Breathing
- Progressive Muscle Relaxation
- Guided Meditation Apps: Insight Timer, Calm, Headspace

How to Use This Kit

Save it on your phone or print it. When the first signs hit, open your kit. Use the Emergency Food List for meals, Tracker to find patterns, and the exercises to reduce stress.

Your Calm, Confident Comeback Starts Here

IBS doesn't have to own you. Download your kit, stay prepared, and give your gut the care it deserves.

Want More Low FODMAP Help?

Visit Tummy Vibes: <https://tummyvibes.com> for recipes, blogs, and support designed for IBS warriors just like you.