

Remote Irritable Bowel Syndrome (IBS) Service - Managing your IBS

Helping you manage your health, wherever you are.

Through the Inhealthcare app you will have instant access to the most up to date advice and support. This includes information on what to eat, looking after your well-being and other tips to help manage your symptoms.

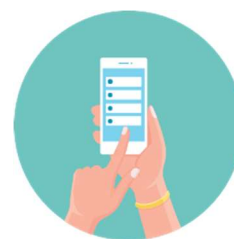
What will happen next?



Once you opt into the service, you will receive information about how to log into the app



Once logged in, you can fill out a short questionnaire about your symptoms



Within the app, you will have access to lots of helpful information



If your symptoms have improved, you can continue to access the app for advice and support



If your symptoms have not improved and you need further support a member of the Dietetic IBS Team will contact you



After 28 days you will receive a second short questionnaire to see if your symptoms have improved



If you need support from a Dietitian, you can request help through the app

If you would like to find out more, please email

or call

