

ABSTRACT

The bachelor thesis focuses on dietary measures for irritable bowel syndrome. The aim of the work was to find out the eating habits of patients with this disease and to evaluate whether they follow the dietary measures recommended for this disease, to find out what the nature of the difficulties are and when the symptoms appear, and whether the patients are sufficiently educated about dietary measures. This work is based on the hypothesis that patients do not eat according to the dietary measures that are recommended for this disease, and therefore the symptoms occur more often.

The research was conducted using a questionnaire survey. Patients were asked about the most common manifestations of this disease, the frequency of symptoms, their eating habits, experiences with diets, and also about the level of awareness regarding dietary measures. A total of 32 questionnaires were evaluated.

The results of the research show that the majority of patients do not eat according to dietary measures. The consequence is their low awareness of dietary procedures. For most patients, symptoms occur every day or several times a week. Although patients have purposefully reduced certain foods known to cause symptoms, the frequency of symptoms is still high.

Key words: irritable bowel syndrome, microbiome, dietary measures, nutrition, stress