



Gastrointestinal disorders during exercise

The incidence of gastrointestinal symptoms is thought to affect 60 to 96% of ultra-enduring athletes during competition. Symptoms can range from mild discomfort with discomfort to symptoms extremely serious, causing the race to be stopped, stopped, or even requiring medical attention during and after the race. Gastrointestinal stress symptoms can have multiple causes and can be of rapid onset with transient impairment of bowel function. They can also appear more late during the race and then continue for a long time. Also as there is not only one cause of gastrointestinal symptoms on exertion, it is all the more difficult to anticipate them, to avoid and sometimes even to treat them. Here is a tip sheet which is a synthesis of current literature to better prevent and avoid these gastrointestinal stress disorders.

For athletes and coaches

Before the competition:

- We cannot repeat it enough: test running nutrition in training, both on sessions long and more intense than the rhythm expected on the day of the competition. Indeed, it is possible to train with intensity beyond the training plan over a long session and testing your nutrition to be well 100% on the day of the competition.
- Attention: it takes 2 weeks of adaptation with good nutrition daily, to see improvements.
- During training, experiment with different volumes and types of food and / or liquids and adjust depending on tolerance.
- During training, also experiment with different carbohydrate mixtures (e.g. glucose, fructose, maltodextrin, starch, etc. ; liquid, semi-solid and solid gels or purees), and adjust depending on tolerance.
- Try to identify a factor that causes disorders, especially if they appear during training.

During the competition, race, ultra:

- Start taking liquids and solid foods very early in the competition and then adapt this taken because it is shown that food tolerance decreases as the activity is prolonged, so the idea is to provide the body with nutrients that will be further assimilated at the start of the race.
- Try to identify external factors that could be linked to gastrointestinal disorders: effects of travel, car, plane etc ..., the stress of the competition, the weather conditions ...
- During the ultra endurance race only consume what you are used to. Avoid consuming new food and liquids provided by the event organizer if they are not usually consumed during training.
- In extreme cases or intestinal symptoms prevent normal nutritional intake, it is possible to rinse your mouth with a carbohydrate-rich drink, which allows you to continue to progress still on the run.

We quickly get tired of different tastes. It is therefore imperative (always after testing) to take different forms (liquid, semi-liquid, solid), different tastes (sweet, salty, sour, sour, bitter ...) and different flavors and scents.

- On stage races, favor foods with high energy values that weigh lightly like very complete and balanced lyophilized rations.

First lines of action

- Start the exercise well hydrated and keep this state of hydration long (within tolerance individual).
- Identify tolerance individual carbohydrate and oxidation rates in taking carbohydrates before and frequently during exercise.
- Finalize a protocol intestinal training.
- Manage the temperature body and avoid hyperthermia episodes.

Complementary strategies

- Take protein before and during exercise in individual tolerance for each.
- Liquid drink supply cold.
- Low FODMAP diet short term after assessment to establish the tolerance.
- Poor food and liquids in FODMAP during the race.
- See with a doctor if the taking medication antiemetic can be beneficial.

Seen but unlikely to help

- Nutritional supplementation to long or short term: antioxidants, sodium, L-citrulline, L-arginine, glutamine and colostrum supplementation cattle
- Probiotics: drinks and / or commercial capsules, single or multi-strains, with and without additions (e.g. prebiotics, antioxidants or amino acids)
- Diets modifying the microbiota intestinal or supplementation nutritional
- Diet high in fat and low carbohydrate or ketogenic

For all these measures dietetics, RESULTS NEGATIVES HAVE BEEN OBSERVED. - Gluten-free diet for non-celiac people.

Other potential beneficial recommendations:

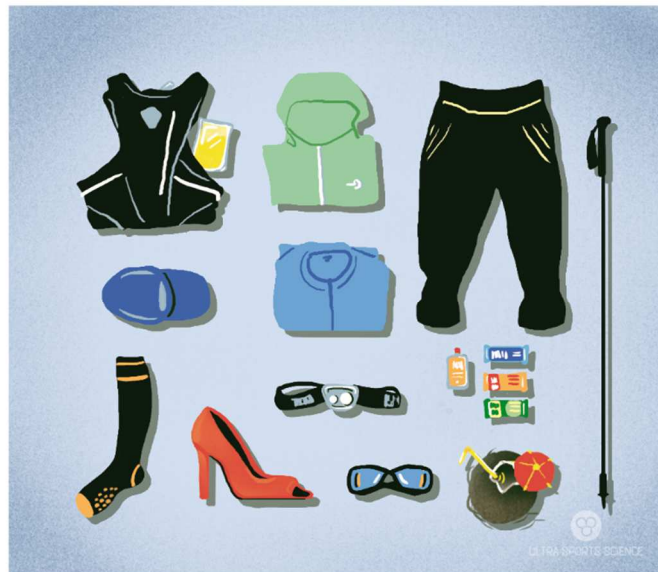
- Taking into account the gastric and colonic reflex (i.e. if there is quickly an emergency of defecation), try to evacuate and empty the intestines before starting ultra-endurance activities.
- Check if you are intolerant to what is called FODMAP which are carbohydrates which during digestion generate fermentation. For example: fructose, lactose, sorbitol, mannitol and flour lupine. All of these are common ingredients found in nutrition products athletic
- Avoid AINS drugs in the days preceding, immediately before and especially during ultra-endurance events (no ibuprofen, ketoprofen, piroxicam, diclofenac...)
- Choose appropriate pain relievers that do not worsen the gastrointestinal tract (paracetamol).
- Foods and liquids rich in fiber should be avoided and alternatives adopted. Choose low-residue foods / liquids during the day during training or competitions.

After the race:

- For recovery after a race consume small portions frequently and rich in protein and essential nutrients.

- It is shown that chocolate milk drinks can be a good source of recovery and especially in terms of hydration and gastrointestinal.

TESTER L'ÉQUIPEMENT



Je teste toujours mon équipement, mon plan d'hydratation et de nutrition à l'entraînement avant de les utiliser en compétition.

HIGHLY RECOMMENDED FOR ALL:

Having first aid training is an essential recommendation

Know how to prevent emergency services

References :

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