

DIVERTICULAR DISEASE DIET INFORMATION

 01604 745036 (Northampton)

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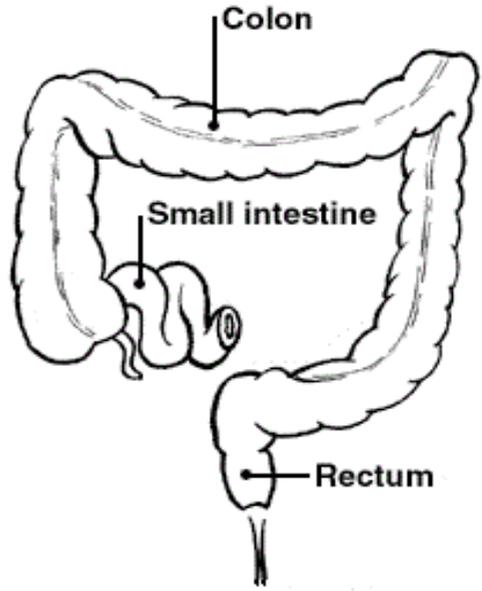


**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**

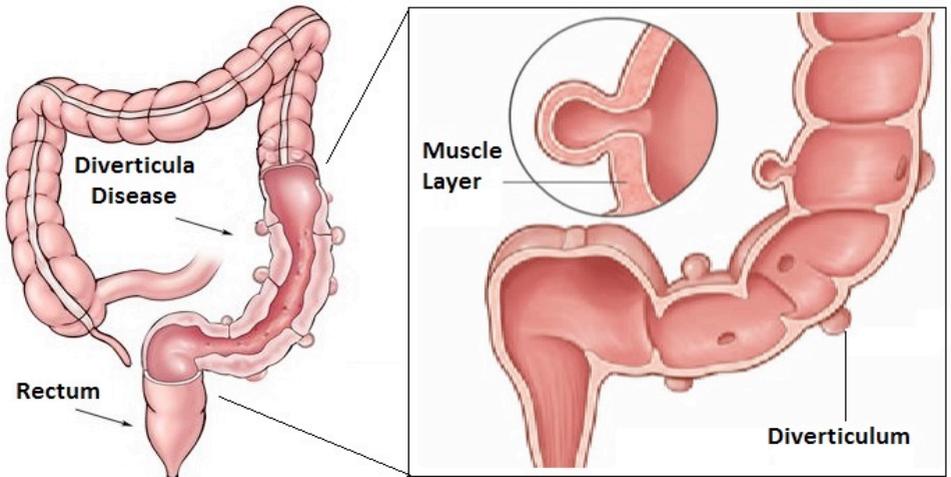
WHAT IS DIVERTICULAR DISEASE?

A diverticulum is a pouch that forms with a narrow neck on the inner lining of the colon/ large bowel. This occurs as a result of localised pressure on a weak area of the bowel wall. It tends to develop in later life and the most common site for diverticula to develop is the lower part of the colon. The presence of diverticula is often referred to as diverticulosis.

People who suffer from constipation have a higher incidence of diverticulosis and would benefit from an adequate source of fibre in their diet.



Normal Colon



RISK FACTORS

- People aged over 50 years and people who eat low amounts of dietary fibre.
- Obesity (having a Body Mass Index of 30kg/m² or more) is an important risk factor in young people, although the development of diverticular disease is rare in people younger than 40 years.
- Complicated diverticular disease has an increased frequency in patients who smoke, use non-steroidal anti-inflammatory drugs (NSAIDs) and paracetamol, and those who are obese and have low-fibre diets.

MANAGEMENT OF AN ACUTE EPISODE - FLARE UP (KNOWN AS DIVERTICULITIS)

Medication, including antibiotics, anti-inflammatory drugs, antispasmodics drugs and a temporary low fibre diet may be required, as well as increasing your fluid consumption. There is not enough evidence to support the routine use of probiotics during an acute flare up, but they are safe to use if you choose to.

While symptoms remain, the diet should be fairly bland. After an acute episode has settled it is important to follow a varied and healthy diet and it is advised to increase fibre and fluid consumption.

DIVERTICULITIS

Diverticulitis can occur when food gets stuck in the pouch and becomes infected, causing pain and discomfort. Pain is generally made worse by eating and eases on passing a poo.

Symptoms to look out for include:

- Localised abdominal pain - usually in lower left of your stomach
- Cramping
- Diarrhoea or constipation
- Fever and chills
- Rectal bleeding
- Bloating

LONG TERM MANAGEMENT

Approximately three quarters of patients with anatomical diverticulosis remain without symptoms. Healthy lifestyle practices can reduce your risk of of an acute episode known as a flare up. This includes having a high fibre diet and good fluid intake, being physically active, maintaining a healthy weight, limiting intake of red meat, alcohol and not smoking.

Increase fibre in the diet by:

- Changing to a high fibre breakfast cereal such as All Bran, Bran Flakes, Weetabix, Shredded Wheat, Wheat flakes or Porridge
- Eating more wholemeal, rye, granary bread or high fibre white instead of ordinary white or brown bread, Using whole wheat pasta and brown rice
- Try to eat fresh fruit every day and eat the skins where possible
- Eat plenty of vegetables and where possible eat the skins e.g. jacket potatoes
- Eating more pulses e.g. peas, beans, lentils - add them to soups/stews/ casseroles - you can purchase them ready soaked, cooked in cans or dried.

Aim for 5 portions of fruit and vegetables per day. A portion is:

- 1 medium fruit = apple/banana
- 2 small fruits = apricots/plums
- 2 heaped tablespoons of cooked vegetables
- 1 small bowl of salad

If you are struggling to meet the fibre recommendations you can consider taking a fibre supplement. We advise you to liaise with your local pharmacy about the most appropriate product.

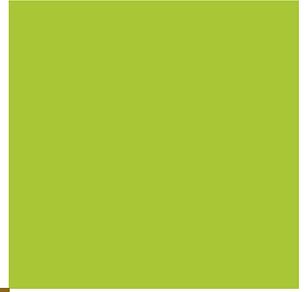


HOW DOES IT WORK?

- Fibre can be divided into two types: soluble and insoluble. Both help food move through your gut.
- Fibre absorbs water like a sponge and this eases the passage of food wastes through the bowels.
- It is important to drink 8 -10 cups of fluid each day such as tea, coffee, water, fruit juice and squash.
- On average most people in the UK get about 18g of fibre a day. You should be aiming for close to 30g per day

HIGH FIBRE MEAL PLAN

Meal	Food and Drinks
BREAKFAST	Fruit Juice High Fibre cereal and milk Wholemeal bread/toast with fat spread and course cut Marmalade Tea/Coffee
MID-MORNING	Glass squash/water
MID-DAY MEAL	Meat/fish/pulses/eggs/cheese Large helping of vegetables Potatoes boiled/baked in their skins Or brown rice/wholemeal pasta Fresh or stewed fruit/pudding made with fruits and wholemeal flour Glass of water
MID AFTERNOON	Tea/coffee/squash/water
EVENING MEAL	Vegetable soup with wholemeal roll Or Wholemeal pasta with sauce Or Wholemeal bread with fat spread Fruit/Bran biscuit Glass of water
BEDTIME	Fresh fruit/digestive biscuits/ Crispbread Glass of water/squash/milk drink





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Dietetic Department
Highfield Clinical Care Centre
Cliftonville Road
Northampton
NN1 5BU
Telephone: 01604 745036



Dietetic Department
Kettering General Hospital
Rothwell Road
Kettering
NN16 8UZ
Telephone: 01536 492317

Email: northamptonshire.dietetics@nhs.net
www.nhft.nhs.uk/dietetics

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Jeżeli się Państwo zainteresowali otrzymaniem krepikites j PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

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