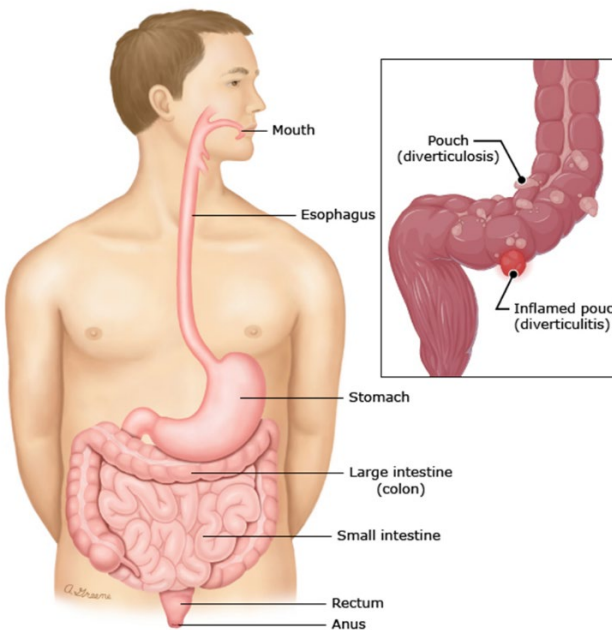


Diverticulitis

Diverticulitis is a disorder that can cause belly pain, fever, and problems with bowel movements.

The food we eat travels from the stomach through a long tube called the intestine. The last part of that tube is the colon. The colon sometimes has small pouches in its walls. These pouches are called "diverticula." Many people who have these pouches have no symptoms. Diverticulitis happens when these pouches develop a small tear known as a microperforation. This will become infected and causes symptoms.



Symptoms

The most common symptom of diverticulitis is pain. This usually affects the lower part of the belly. Other symptoms can include:

- Fever
- Constipation
- Diarrhea
- Nausea and vomiting

Treatment Plan

There are many treatment options. Follow up with your doctor or nurse to make sure that your symptoms improve.

Hospital Stay

You might need to stay in the hospital if you have severe disease, you are not in good health, or your symptoms don't get better in 2 to 3 days,

Your treatment in the hospital usually includes fluids and antibiotics. These are given through a IV (thin tube) that goes into a vein. This helps you avoid eating and drinking until you get better. You may need other treatment depending on your condition.

Clear Liquid Diet

You might be treated at home if your disease is mild and you are healthy. This often involves a liquid diet and medicine to relieve pain.

Examples of clear liquid diet includes:

- Juices without pulp
- Sports drinks
- Broth
- Popsicles without pureed fruit
- Gelatin without fruit

Colonoscopy

Your doctor might recommend that you have a procedure called a colonoscopy a few months after your infection has been treated.

Activity

Exercising and not smoking has been shown to reduce risk as well.

Diet

It's a good idea to eat a lot of fiber after your symptoms have gotten better. Good sources of fiber include:

- Fruits
- Oats
- Whole grains
- Beans
- Peas
- Green leafy vegetables

There are other diet changes you can make such as decreasing red meat intake. You do not need to avoid seeds, nuts, popcorn, or other similar foods.

Medicine

We may suggest that you start a fiber supplement, such as Metamucil® or Benefiber® powder. This should be dissolved in at least 8oz of liquid and taken in the morning for the best effect.

It might also be helpful to take a daily probiotic.