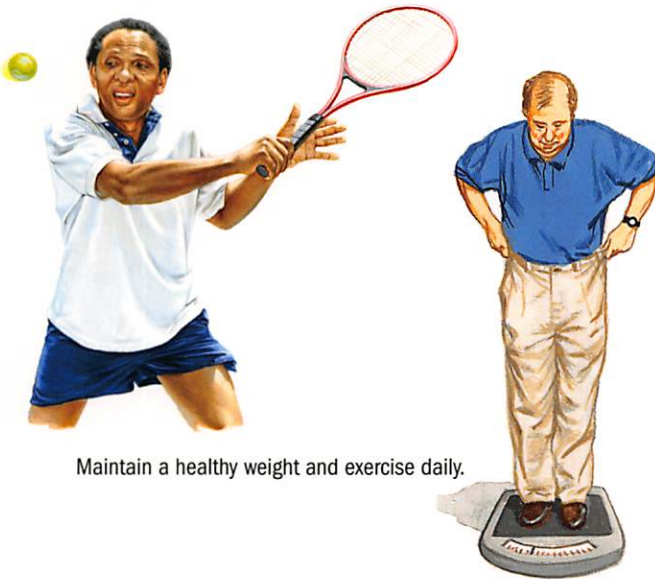


Eat foods high in fiber, like pears, apples, whole wheat spaghetti, black beans, baked beans, and lentils.



Drink liquids (no solid food) for a few days to allow the colon to rest, and take antibiotics as your doctor prescribes to clear up infection.



Maintain a healthy weight and exercise daily.

How Is Diverticular Disease Treated?

For diverticulosis, eating a high-fiber diet and avoiding nuts and seeds, which may become stuck in diverticula, are important.

For diverticulitis, not eating for a few days rests the colon. Only liquids are taken until the colon heals. Antibiotics will treat the infection.

Pain medicine may help, but take only the type the doctor recommends. Some types of pain medicine may worsen the condition.

In severe cases, surgery may be needed to remove damaged colon.

DOs and DON'Ts in Managing Diverticular Disease:

- ✓ **DO** eat a high-fiber, low-salt, low-fat diet.
- ✓ **DO** drink enough fluids.
- ✓ **DO** proper physical activities.
- ✓ **DO** keep to the proper weight. Try to lose weight if you're overweight.
- ✓ **DO** maintain proper bowel habits (try to have a bowel movement daily).
- ✓ **DO** watch for blood in the stool or dark tarry stool.
- ✓ **DO** watch for signs of diverticulitis and other complications.
- ⊗ **DON'T** strain with bowel movements.
- ⊗ **DON'T** use laxatives.

FROM THE DESK OF

NOTES

FOR MORE INFORMATION

Contact the following sources:

- American Gastroenterological Association
Tel: (301) 654-2055
Web: www.gastro.org
- American College of Gastroenterologists
Tel: (703) 820-7400
Web: www.acg.gi.org