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| <i>Client:</i> | <i>Date:</i> |
| <i>Clinician:</i> | |

Understanding Diverticulosis and Diverticulitis

Small pouches may form in your colon (large intestine) wall. This condition is called **diverticulosis**. If the pouches become inflamed, a more serious problem called **diverticulitis** has developed. Aging may contribute to colon problems. What you eat makes the real difference in the health of your colon.

Managing Your Condition

- If You Have Diverticulosis
 - The two main keys to controlling diverticulosis are fiber (roughage) and liquid.
 - Fiber absorbs water as it travels through your colon, helping your stool stay soft and move smoothly.
 - Serious cases of diverticulosis may require stool softeners or antispasmodic medications for pain.
- If You Have Diverticulitis
 - If your diverticulitis symptoms are mild, your doctor may begin treatment with a temporary liquid diet and oral antibiotics.
 - If your symptoms are relieved, you may be given a high-fiber diet.
 - If your diverticulitis is severe, you may need hospitalization and intravenous (IV) antibiotics and fluids.
 - Surgery may be necessary if other types of treatment don't successfully control your condition.

Keys to Colon Health

After treatment, help keep your colon healthy with a diet that includes plenty of high-fiber fruits, vegetables, and whole grains. Drink plenty of liquids like water and juice. Your doctor may also recommend avoiding seeds and nuts.

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
For ALL emergencies requiring IMMEDIATE medical attention, call 911.