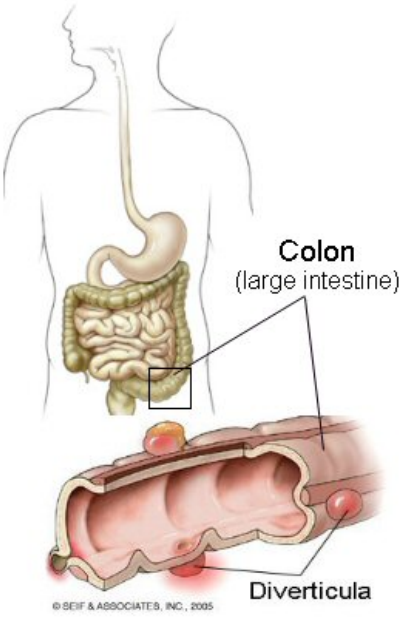
Diverticulitis

Small pockets or "bubbles" can develop in the wall of the intestine. These are called diverticuli. If they become infected and inflamed, the problem is called diverticulitis. This causes belly pain (usually on the left side). There may also be:

- Fever.
- Bloating.
- Gas.
- Feeling sick to your stomach (*nausea*).
- Loss of hunger.

Some people with this problem have watery poop (*diarrhea*). Others feel that they cannot poop (*constipated*).



HOME CARE

- Only take medicine as told by your doctor. If you have been given medicines (*antibiotics*) that kill germs, finish all the medicine. Do this even if you feel better.
- For 24 to 48 hours, drink only clear liquids, such as:
  - Water.
  - Fruit juices with no pulp.
  - Clear broth.
  - Frozen ice pops.
- Drink enough water and fluids to keep your pee clear or pale yellow.
- Eat more fiber (whole grains, fruits, and vegetables). Eat a little more each day as you feel better.
- Go to the bathroom when you have the urge to go.
- Avoid using medicine that makes you go poop (*laxatives*).

GET HELP RIGHT AWAY IF YOU:

- Are not getting better after taking medicine (*antibiotics*) for 2 days.
- Notice bright red blood in your poop (*stool*).
- Develop very bad belly (*abdominal*) pain.
- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Cannot poop.
- Keep throwing up (*vomiting*).

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 03/14/2011
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