Diverticulosis

Diverticulosis is a common condition that causes small pouches to develop in the wall of the colon. **Diverticulosis develops in 1/3 of people over the age of 60**. It happens more often in people who eat a low-fiber diet. Symptoms of diverticulosis include abdominal pain, constipation, diarrhea, rectal bleeding, and fever.

Eating a high-bulk diet has been shown to reduce pain and other symptoms of diverticulosis. Foods having high fiber content include:

- Baked beans, kidney beans, split peas, lentils.
- Bran cereals, shredded wheat, bran muffins, whole grain breads.
- Fresh fruit, raisins, prunes.
- Potatoes (with skin), broccoli, spinach, zucchini.

You may feel a little bloated when you introduce more fiber into your diet. These symptoms usually pass in time. Drink at least 6-8 glasses of water each day to prevent constipation. Try not to strain when you have a bowel movement.

Mild pain medicine may help soothe pain and spasms. If you have been prescribed an antibiotic, take all the medicine until it is gone. Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- Increasing pain or severe bloating.
- Fever, vomiting, or bowel movements that are bloody or black.
- Extreme weakness, fainting, or confusion.

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