

# High-Fiber Diet: After Your Visit

## Your Care Instructions

Diets high in fiber can help prevent diverticulitis. Diverticulitis happens when pouches form in the wall of the colon and become inflamed or infected. More fiber in your diet should reduce symptoms, such as bloating and constipation. A high-fiber diet also will help prevent bleeding, blockage, or tears of the colon. Based on your health and what you prefer to eat, your doctor and dietitian can help you design a high-fiber diet that has at least 30 grams of fiber a day. Always talk with your doctor or dietitian before you make changes in your diet.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

## How can you care for yourself at home?

- Increase fiber in your diet by eating more of certain foods, including:
  - Whole-grain breads and cereals. Eat bran cereal daily to get enough fiber.
  - Fruits, such as pears, apples, and peaches. Eat the skins, peels, and seeds, if possible.
  - Vegetables, such as broccoli, cabbage, spinach, carrots, asparagus, and squash.
  - Starchy vegetables, such as potatoes with skins, kidney beans, and lima beans.
- Take a fiber supplement, such as Benefiber, Citrucel, FiberCon, or Metamucil, every day if your doctor recommends it. Ask your doctor how much to take.
- Each day, drink 8 to 10 glasses of water or other drinks. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.
- Get some exercise every day. Exercise, such as walking, helps the stool move through the colon and helps prevent constipation.
- Keep a food diary and note the foods that cause gas, pain, or other symptoms. Avoid these foods.

## Where can you learn more?

Go to [www.southdenvergi.com](http://www.southdenvergi.com), log into the web portal, and enter U654 in the search box to learn more about High-Fiber Diet: After Your Visit.

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