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Medical review Drugs.com. Last updated may 7, 2020. Review Diverticula small, convex bags that can form in the lining of your digestive system. They are most commonly found in the lower part of the colon (colon). Diverticulae are common, especially after 40 years, and rarely cause problems. The presence of diverticula is known as diverticulosis (die-vur-tik-yoo-LOE-sis). When one or more bags become inflamed and in some cases infected, this condition is known as diverticulitis (die-vur-tik-yoo-LIE-tis). Diverticulitis can cause severe abdominal pain, fever, nausea and a noticeable change in your bowel habits. Mild diverticulitis can be treated with rest, changes in your diet and antibiotics. Severe or repetitive diverticulitis may require surgery. Symptoms signs and symptoms of diverticulitis include: Pain, which can be permanent and persist for several days. The lower left side of the abdomen is a common place of pain. Sometimes, however, the right side of the abdomen is more painful, especially in people of Asian descent. Nausea and vomiting. Fever. Abdominal tenderness. Constipation or, less often, diarrhea. When you see a medical care at any time you have constant, unexplained abdominal pain, especially if you also have fever and constipation or diarrhea. The causes of Diverticula usually develop when naturally weak spots in the colon give way under pressure. This causes marble-sized bags to protrude through the colon wall. Diverticulitis occurs when diverticula ruptures, leading to inflammation and, in some cases, infection. Risk factors Multiple factors may increase the risk of developing diverticulitis: aging. The incidence of diverticulitis increases with age. Obesity. Being seriously overweight increases your chances of developing diverticulitis. Smoking. People who smoke cigarettes are more likely than non-smokers to experience diverticulitis. Lack of exercise. Vigorous exercise seems to reduce the risk of diverticulitis. A diet high in animal fats and low in fiber. A low-fiber diet combined with high animal fat intake seems to increase the risk, although the role of low fiber itself is not clear. Some drugs. Some drugs are associated with an increased risk of diverticulitis, including steroids, opioids and non-steroidal anti-inflammatory drugs such as ibuprofen (Advil, Motrin IB, others) and sodium naproxen (Aleve). Complications About 25% of people with acute diverticulitis develop complications that can include: an abscess that occurs when a ping is collected in a bag. Intestinal blockage caused by scars. Abnormal passage (fistula) between areas of the intestine or intestines and other organs, which can occur if infected or inflamed sack ruptures, spilling the contents of the intestines into the abdominal cavity. Peritonitis is a medical emergency and immediate care. Prevention To Prevent Diverticulitis: Exercise regularly. Exercise promotes normal bowel function and reduces pressure inside the colon. Try to exercise for at least 30 minutes on most days. Eat more fiber. A high-fiber diet reduces the risk of diverticulitis. Fiber-rich foods such as fresh fruits and vegetables and whole grains soften waste and help it pass through the colon faster. The use of seeds and nuts is not associated with the development of diverticulitis. Drink plenty of fluids. Fiber works by absorbing water and increasing the soft, bulky waste in your colon. But if you don't drink enough fluid to replace what is absorbed, fiber can be constipated. Avoid smoking. Smoking is associated with an increased risk of diverticulitis. The diagnosis of Diverticulitis is usually diagnosed during an acute attack. Because abdominal pain may indicate a number of problems, your doctor will have to rule out other causes for your symptoms. Your doctor will start with a physical examination, which will include checking the abdomen for tenderness. Generally, women have pelvic examination as well as rule out pelvic disease. After that, the following tests are likely: blood and urine tests to check for signs of infection. Pregnancy test for women of childbearing age to rule out pregnancy as the cause of abdominal pain. A liver enzyme test to rule out liver-related causes of abdominal pain. A stool test to rule out infection in people who have diarrhea. A CT scan that can detect inflammation or infected bags and confirm the diagnosis of diverticulitis. CT scans may also indicate the severity of diverticulitis and treatment guidance. Treatment depends on the severity of your signs and symptoms. Uncomplicated diverticulitisIf your symptoms are mild, you can be treated at home. Your doctor will probably recommend: Antibiotics to treat infection, although new guidelines will state that in very mild cases, they may not be necessary. Liquid diet for a few days until the intestines heal. Once your symptoms improve, you can gradually add solid food to your diet. This treatment is successful in most people with uncomplicated diverticulitis. Complicated diverticulitis If you have a serious seizure or have other health problems, you should probably be hospitalized. Treatment usually involves: Intravenous antibiotics Insert tube for draining abdominal abscess, if one has formed surgery You will probably need surgery to treat diverticulitis if: You have a complication such as bowel abscess, fistula or obstruction, or puncture (perforation) in the bowel wall You have had several episodes of uncomplicated divertitis. bowel resection. The surgeon removes the diseased segments of the intestine and then reunites healthy segments (anastomosis). This allows you to Bowel movement. Depending on the amount of inflammation, you may have an open surgery or minimally invasive (laparoscopic) procedure. Intestinal resection with colostomy. If you have so much inflammation that it is impossible to reunite with the colon and rectum, the surgeon will perform colostomy. The hole (stoma) in the abdominal wall is connected to the healthy part of the colon. The waste passes through a hole in the bag. Once the inflammation has subsided, colostomy can be reversed and the intestines again. Following careYour doctor may recommend a colonoscopy six weeks after recovery from diverticulitis, especially if you have not had a test in the previous year. There does not appear to be a direct link between diverticular disease and colon or rectal cancer. But colonoscopy - which is risky during a diverticulitis attack - can rule out colon cancer as the cause of your symptoms. After successful treatment, your doctor may recommend surgery to prevent future episodes of diverticulitis. The decision to operate is individual and is often based on the frequency of seizures and whether complications have occurred. Alternative medicine Some experts suspect that people who develop diverticulitis may not have enough good bacteria in their colon. Probiotics - foods or supplements that contain beneficial bacteria - are sometimes offered as a way to prevent diverticulitis. But this advice has not been scientifically confirmed. Preparing for the appointment, you can be referred to a doctor who specializes in digestive disorders (gastroenterologist). What you can do is be aware of any pre-prescribing restrictions such as not eating solid food the day before your

appointment. Write down your symptoms, including any that may seem unrelated to the reason why you planned the appointment. Make a list of all your medications, vitamins and supplements. Write down your key medical information, including other conditions. Write down key personal information, including any recent changes or stressors in your life. Ask a family member or friend to accompany you to help you remember what the doctor is saying. Write down a list of questions your doctor needs to ask. The questions to ask my doctor What is the most likely cause of my symptoms? What tests do I need? Do these tests require special training? What treatments are available? Will diverticulitis come back? Should I remove or add any foods to my diet? I have other diseases. What is the best way to manage these conditions together? In addition to the questions you are willing to ask your doctor, feel free to ask other questions during your appointment. What to expect from your doctor Your doctor, most likely ask you a number of questions. Be prepared to respond Can make time to jump the point you want to spend more time on. You may be asked: When you first started symptoms, and how serious are they? Were your symptoms continuous or accidental? What if anything seems to improve or worsen your symptoms? Did you have a fever? What medications and painkillers are you taking? Did you have any pain when you urinated? Have you ever screened for colon cancer (colonoscopy)? © 1998-2019, the Mayo Foundation for Medical Education and Research (MFMER). All rights are reserved. Terms of use. Learn more about Diverticulitis-related drugs! BM Watson Micromedex Risk of diverticulitis associated with age, history of constipation, obesity, lack of physical activity, and, importantly, lack of fiber. Learn more Studies to suggest that people in Africa and Asia, where diets high in fiber are common, rarely suffer from diverticular diseases. On the other hand, diverticulitis occurs in 50 percent of the Finnish population due to low fiber intake and an aging population. (2) Fiber, or plant material, plays an important role in the digestive process, softening the stool and helping it move more smoothly through the colon. Lack of fiber can cause constipation, making the stool harder and harder to pass by putting a strain on the muscles of the colon. And because diverticulas are usually formed in areas where digestive muscles are strained or weakened, constipation can make the development of diverticula more likely. Because constipation causes pressure to build up in the colon, it can also lead to inflammation or diverticulum infection that is already present in the colon, causing diverticulitis. Fortunately, foods high in fiber are not hard to find. To find. diverticulitis diet recipes pdf. diverticulitis diet recipes uk. bland diet recipes for diverticulitis. diverticulitis low fiber diet recipes. diverticulitis diet plan recipes. chicken recipes for diverticulitis diet. liquid diet recipes for diverticulitis. low residue diet recipes diverticulitis

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