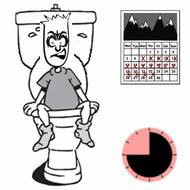
Right Sided Faecal Loading /

Proximal Constipation



Typical features

1) Bloating

2) Rumbling noises

3) Fluctuating bowel habits (pellet like to loose stool)

4) Increased flatulence

5) Generalised abdominal discomfort

Management

1) ≥ 2L of Fluid a day +/-

2) Temporarily adopting a high soluble fibre / low residue diet (see below) +/-

3) Movicol 1 sachet twice a day

The dietary adjustments being suggested here, may initially seem difficult to comprehend, and conflict with your traditional thinking of a healthy diet.

It is important to understand that we are going beyond general health advice and suggesting a dietary shift to assist with your medical symptoms. The aim is to reduce bulk, but increase the soluble fibre content of you diet, to keep things soft. This in turn will allow your bowel to shift things more completely, and with greater ease, by reducing the internal strain that commonly leads to diverticular disease.

There are 2 main types of fibre;-

a) Soluble fibre - The dissolvable fibre, found eg. in coffee, fruit and vegetables

b) Insoluble fibre - Bulky roughage, found eg. more commonly in cereals and grains

To confuse the issue further, most foods have a combination of both

For those who like absolute numbers an example is given below;-

| Balance | Food | Serving | Soluble Fibre (g) | Insoluble Fibre (g) | Total Fibre (g) |
| --- | --- | --- | --- | --- | --- |
| > Soluble | Apple+Skin | 1 medium | 4.2 | 1.5 | 5.7 |
|  | Popcorn | 3 cups | 3.2 | 0.4 | 4.2 |
| Balanced | Raw Broccoli | 1/2 cup | 1.3 | 1.4 | 2.7 |
|  | Peanuts | 1 ounce | 1.1 | 1.2 | 2.3 |
| > Insoluble | Cooked lentils | 1/2 cup | 2.8 | 3.8 | 6.6 |
|  | Quinoa | 1/2 cup | 1.7 | 2.5 | 4.2 |

Essentially, the aim is to increase your total fibre through a diet rich in soluble fibre, and some insoluble fibre, whilst reducing the “bulky” insoluble roughage content. Further data on soluble and insoluble fibre can be found on the advice sheet provided by the North Ottawa Wellness Foundation.

For those looking for a more simplified over-view, to understand the basic concepts, please see the brief advice table below, on a High Soluble Fibre / Low Residue Diet.

|  |  |
| --- | --- |
| **Eat more of** | **Eat less of** |
|  |  |
| **Vegetable** (all except those on other side)  **Fruit** (all – remove skin where possible)  Fruit juice  **Cereals**  Corn flakes, Rice Krispies  **Bakery**  White flour, white bread, cakes + biscuits made with white flour  Croissants  Crumpets  White rice  Pasta  **Meat** (meat, fish, chicken, beef burgers)  **Dairy**  Milk, butter, margarine, cheese, yoghurt  Eggs, ice cream  **Miscellaneous**  Tea, coffee, cordial, sugar, honey, jams | **Bran**  Wholemeal Cereals   * eg. weetabix, branflakes, muesli, * eg. shredded wheat   Wholemeal flour  Fruit cakes  Wholemeal biscuits  Rye Biscuits  Oats  Brown rice  Brown pasta  **Pulses**  Peas, beans, lentils, sweet corn  **Dried fruits**  eg. Sultanas, prunes, figs, apricots, currants, blackberries, raspberries  eg. Jam or marmalade with seed and peel  **Others**  Nuts  Skins on potatoes |

This advice combines dietetic advice, with the general flow advice given to patients with diverticular disease, strictures and endometriosis adhesions, following the concepts highlighted in “Dietary advice for strictures and adhesions” by St. Mark’s.

Once comfortable, we would then recommend you bring back some of those high roughage foods, in a slow step-wise fashion, at a level you feel comfortable with.

The downside of this diet, is that it may contain more quick release carbohydrates.