



Digestive Disease Consultants

www.mygidocs.com

DIVERTICULAR DISEASE DIET

Diverticulosis occurs when small pouches, known as diverticula, form in the walls of the large intestine or colon. In general, patients with diverticulosis should follow a high-fiber diet to help prevent constipation, which is felt to be one of the major causes of diverticulosis.

Diverticulitis occurs when those pouches, or diverticula, become infected or inflamed. A low-residue diet is recommended during the flare-up periods of diverticulitis to decrease bowel volume so that the infection can heal. An intake of less than 15 grams of fiber per day is generally considered a low residue diet. If you have been on a low-residue diet for an extended period of time, your doctor may recommend a daily multi-vitamin/mineral supplement.

www.healthcastle.com/supplements-multi-vitamin-mineral.shtml

For more information on diverticular disease, a high-fiber diet for the prevention or treatment of diverticulosis, or a low residue diet for the treatment of diverticulitis, please visit these links located in the Health Library section of our Patient Information.



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1299 Industrial Parkway North,
Suite 110
Brunswick, OH 44212

If you have any questions, or would like to schedule an appointment, please call 877-891-ENDO (3636).