



Low fibre diet for women at risk of bowel obstruction

Consult your dietitian for advice regarding this diet on phone: 9382 7186

This diet plan has been recommended for you because you have described some of the following concerns which are probably linked to bowel problems;

- * severe constipation
- * colicky abdominal pain
- * heartburn or indigestion
- * bloating
- * nausea
- * vomiting
- * lack of interest in food or feeling full quickly

We are advising that you follow a low fibre diet as foods high in fibre can make the symptoms you are feeling worse. Foods high in fibre have a tendency to form bowel motions which are large and bulky and therefore difficult to pass through areas of the bowel which may have become narrowed. Reducing the fibre in your diet will produce much looser bowel motions.

It is important to continue to have a variety of foods in your diet. Aim to maintain a balanced diet by including foods from the following groups;

- * breads, refined cereals, rice, pasta
- * vegetables
- * fruit
- * dairy (milk, yoghurt, cheese)
- * meat, fish, poultry, eggs, legumes

Tips to reduce your fibre intake;

- * avoid wholemeal or wholegrain cereals
- * remove stalks, pips, seeds and skin of fruit and vegetables
- * strain fruit and vegetable juices and soups
- * avoid dried fruits, nuts and seeds

A list of foods to include in your diet and foods to avoid are included at the end of this leaflet. Some other hints that might help include;

- * eat small servings and
- * eat frequently

(It might help to put your meals on a small plate and include nutritious snacks throughout the day)

- * chew all of your food well and choose softer foods
- * sometimes it might be necessary to puree your food (particularly when you are experiencing symptoms)
- * include high protein drinks as part of your diet

During periods when you have not been experiencing any symptoms you might be able to experiment with some of your favourite foods.

Introduce foods gradually and if your symptoms return cut back on the foods that you recently included. There might be a period of trial and error but you will soon work out which foods are more irritating to your stomach and bowels.

Some other tips or hints

Maintaining a low fibre diet

- * Ensure you drink fluids regularly throughout the day as this will help your bowels to work
 - Choose strained fruit or vegetable juices to increase your calorie intake
 - If you are losing weight then include high calorie, high protein drinks such as milkshakes and nutritional supplements for example: Ensure, Sustagen, Resource and Fortisip
- * Vary your diet, experiment with combinations of food on the recommended diet list
- * If you drink alcohol, a small glass of wine, beer or sherry half an hour or so before eating may help to stimulate your appetite
- * Try to get some exercise each day, such as a walk or a stroll as this may also help to stimulate your appetite

Laxatives

- * It's important to maintain regular bowel movements. This means opening your bowels at least once each day
- * Along with a low fibre diet it will be necessary for you to take laxatives to help maintain your bowel activity
- * The type of laxative that will work best for you is very individual and you might find there will be a period of trial and error before you work out the best combination of laxatives
- * We commonly recommend **Movicol** but if you don't tolerate this product an alternative is **Osmolax** and another option is **Lactulose**
- * A stool softener such as **Coloxyl** is also recommended and these can be taken at the same time as the laxative
- * We do not recommend products containing Senna as these can causing cramping and abdominal pain

Indigestion/heartburn

- * This is a common complaint and you can pick up over the counter medication such as **Zantac** or ask your doctor to prescribe another similar medication

During periods when your symptoms return or increase, try resting your stomach and bowel by just taking fluids for at least a day or until your symptoms completely go away. If your symptoms are severe requiring pain relief or if they are prolonged, then call

The CNC	9382 6229	Monday – Friday 8-430pm or
The ward	9382 6298/9	Any other time

HIGH fibre AVOID these foods	MEDIUM fibre You may be able to experiment with these foods	LOW fibre Choose these foods
Bread		
Wholemeal/wholegrain breads Fruit bread	Pumpernickel bread Rye bread	White bread White crumpets/English muffins Plain bagel White pita bread
Cereals		
Wholegrain cereals Cereals with fruit and nuts eg. Muesli All bran, bran flakes, sultana bran	Oatmeal Shredded wheat	Refined breakfast cereals Eg, rice bubbles™, cornflakes™, special K™
Rice/Pasta		
Brown rice Wholemeal pasta Maize Barley Popcorn		Macaroni Noodles Spaghetti White rice Sago/tapioca/semolina
Vegetables (all vegetables need to be peeled and cooked)		
Raw vegetables Pulses (lentils, kidney beans, broad beans)	Beans, broccoli, Brussels sprouts Carrots Cabbage Corn Parsnips Potato with skin Sweet potato with skin	Asparagus Cauliflower Celery Tomato/cucumber (skins and seeds removed) Button mushrooms Potato, pumpkin and zucchini (peeled)
Fruit		
Any fruit with skin, pips Fruit with a very fibrous texture (mangos) Dried fruit Raspberries, blueberries, blackberries Prunes	Apples (no skin) strawberries	Pawpaw and melon (no seeds) Well cooked fruit with no skin or pips Canned fruits, excluding mango, pineapple and grapes
Milk, yogurt, cheese		
Cheese with fruit or nuts Yoghurt with fruit, nuts or cereals		All types of milk Cheese Smooth yoghurt, cream Custard, plain ice cream Nutritional supplements

HIGH fibre	MEDIUM fibre	LOW fibre
AVOID these foods	You may be able to experiment with these foods	Choose these foods
Meat, fish, poultry, eggs		
Schnitzel, where wholegrain breadcrumbs have been used		Tender lean meat Chicken (no skin) Fish Tofu Eggs
Nuts, legumes		
Kidney beans, baked beans, chickpeas, split peas, lentils Nuts and seeds		
Juice		
		All juices including vegetable and fruit juices without the pulp
Miscellaneous		
Chutney Pickles Coconut Popcorn		Margarine, butter Mayonnaise Salad dressing Chocolate without fruit Honey, vegemite

References:

Addenbrooke's Hospital

http://www.cuh.org.uk/resources/pdf/patient_information_leaflets/PIN1051_low_fibre_diet.pdf

BC Cancer Agency

<http://www.bccancer.bc.ca/NR/rdonlyres/01B68B82-61CD-45A4-B71D-37A5A1318453/9329/LowFibreFoodChoicesPartialBowelObstruction1.pdf>

Queensland Government Low fibre diet for the prevention of bowel obstruction

http://www.health.qld.gov.au/nutrition/resources/gastro_obstruct.pdf

SE Scotland cancer information service

<http://www.scan-staging.scot.nhs.uk/default.aspx>