

Note for health professionals/consultants: This dietary advice should only be adhered to by patients with narrowing within the small or large intestine where there is concern about risk of intestinal obstruction. This advice should only be offered to patients once it has been deemed an appropriate management strategy by the multidisciplinary team. Any patient requiring this dietary advice for more than 4 weeks must be referred to the Dietitian.

Dietary advice for the management of intestinal narrowing

Patient Information

Name: _____

Dietitian: _____

Telephone: 0121 424 2673

Introduction

This diet sheet is for patients who have a narrowing within the small or large intestine. The following dietary advice can reduce the risk of mechanical obstruction and help to minimise associated pain, distension, bloating or vomiting. This is unlikely to be a long term dietary change for you. Your Doctor, health professional or dietitian should advise you how long you need to follow this advice for and they should discuss with you when it is appropriate to reintroduce more fibrous, or more textured foods. If you are following any other dietary restrictions, please discuss these with your Doctor, health professional or Dietitian to prevent any nutritional deficiencies.

For some patients, the stricture or obstruction may be very narrow and a liquid only diet may be advised. Please speak to your Doctor or Dietitian before commencing a liquid only diet.

What foods should I choose/avoid?

	Suitable foods	Foods to avoid
Meat, fish and poultry and protein substitutes	Minced or stewed tender meat without skin Fish without bones or skin Skinless sausages Plain tofu, Quorn. TIP: slow cook or stew meat and fish as opposed to baking as this may dry it out, making it tough. Try cooking meat and fish in a sauce to make it moist.	Course, large or fibrous pieces of meat. Meat skin and gristle Fish bones and skin
Legumes, nuts and seeds	Smooth peanut butter Hummus	All nuts and seeds All dishes including soups containing lentils
Eggs and dairy	Boiled, poached or scrambled eggs All milk products	Yogurts or cheese containing nut or fruit pieces
Grains	Low fibre cereals e.g. cornflakes, rice krispies, Ready Brek. White bread, white flour products. White rice or pasta TIP: reheated rice or pasta may be more difficult to digest therefore ensure you cook them fresh before you eat them	Brown or wild rice, quinoa, pearl barley, wheat bran or wholegrain bread/pasta/cereal e.g. branflakes, shredded wheat, museli. Any bread or flour products that contains grains, nuts, seeds or dried fruit

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Potatoes	<p>Boiled or mashed potatoes, or potatoes without the skin</p> <p>Chips avoiding those with very crispy coatings</p> <p>Soft crisps e.g. Skips, Wotsits, Quavers</p> <p>TIP: cold potatoes aren't as easily digested as hot potatoes therefore it may be best to avoid them</p>	<p>Potato skins</p> <p>Overcooked or triple cooked chips</p> <p>Standard crisps</p>
Vegetables	<p>Small portions of boiled/mashed, well cooked vegetables (1-2 portions daily)</p> <p>Tinned vegetables</p> <p>TIP: some vitamins will leach out during the boiling process therefore if you keep the water you cook them in, you can add them to stocks or gravies to ensure you are still getting the vitamins you need.</p>	<p>Raw vegetables and salad</p> <p>Baked beans, peas, sweetcorn, celery</p> <p>All vegetable skins, pips and stalks</p> <p>All seeds within vegetables</p> <p>Chunky soups</p>
Fruit	<p>Soft/ripe peeled fruit without pips or seeds (1-2 portions daily) e.g. tinned fruit, peaches, pears, grapefruit, apples, plums, bananas.</p> <p>Stewed fruit</p> <p>Fruit juice</p>	<p>All dried fruit</p> <p>Strawberries, raspberries, blackberries</p> <p>Prunes</p> <p>Smoothies or fruit juice with bits</p> <p>Green bananas</p>
Puddings and sweet snacks	<p>Plain puddings, cakes, biscuits</p> <p>Custard, ice cream, jelly, chocolate (without fruit/nuts)</p>	<p>Desserts, puddings or pies containing fruit, fruit peel, nuts or desiccated coconut</p> <p>Fruit scones</p>
Jams, preserves and condiments	<p>Seedless jams</p> <p>Rindless marmalade</p> <p>Honey</p> <p>Lemon curd</p> <p>Sugar</p> <p>Salt, pepper, herbs</p> <p>Tomato puree</p> <p>Condiments, e.g. tomato ketchup, brown sauce</p>	<p>Coarse marmalade</p> <p>Jams with pips or seeds</p> <p>Pickle and chutney</p> <p>Be cautious with spicy foods as they may cause loose stools or bloating.</p>
Fats and spreads	Butter, margarine, oil.	

Information for Patients

Drinks	Tea, coffee, squash, hot chocolate, malt drinks	Fizzy drinks won't increase the risk of a blockage however they might cause you additional bloating symptoms.
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Additional tips:

As well as choosing foods that are more easily digested, you can help the digestion process by taking small bites, chewing your food well and taking your time to eat a meal.

It is still OK to eat out whilst following these dietary restrictions however you may find it more difficult to find suitable foods/options that meet your needs. If you are choosing a ready meal, take away or eating out, use the list of foods above to help you make a suitable choice.

If you are concerned about your weight, speak to your Dietitian about how you can fortify your diet to add additional calories. They may also discuss oral nutritional supplementation with you.

During this period, you may find you are eating less fruits and vegetables therefore it may be beneficial to take an over the counter vitamin and mineral supplement. Speak to your Dietitian, Doctor, IBD nurse or Pharmacist before purchasing to help you make the most appropriate choice.

Written by Gastroenterology and Nutrition Support Dietitians, Heartlands Hospital, Birmingham

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Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

You may want to visit one of our Health Information Centres located in:

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
 - Treatment Centre at Good Hope Hospital Tel: 0121 424 9946
 - Clinic Entrance Solihull Hospital Tel: 0121 424 5616
- or contact us by email: healthinfo.centre@heartofengland.nhs.uk.

Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email:
patientinformationleafletfeedback@heartofengland.nhs.uk

Information for Patients

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: www.patientopinion.org.uk
- I want great care: www.iwantgreatcare.org (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.