

Diverticulitis

Diverticulitis is an infection of small pouches or sacs in the muscle wall of the large intestine, also called the colon. Stool or food can get caught in these sacs causing an infection. This infection can cause swelling or pain. You can get very sick with diverticulitis.

Signs

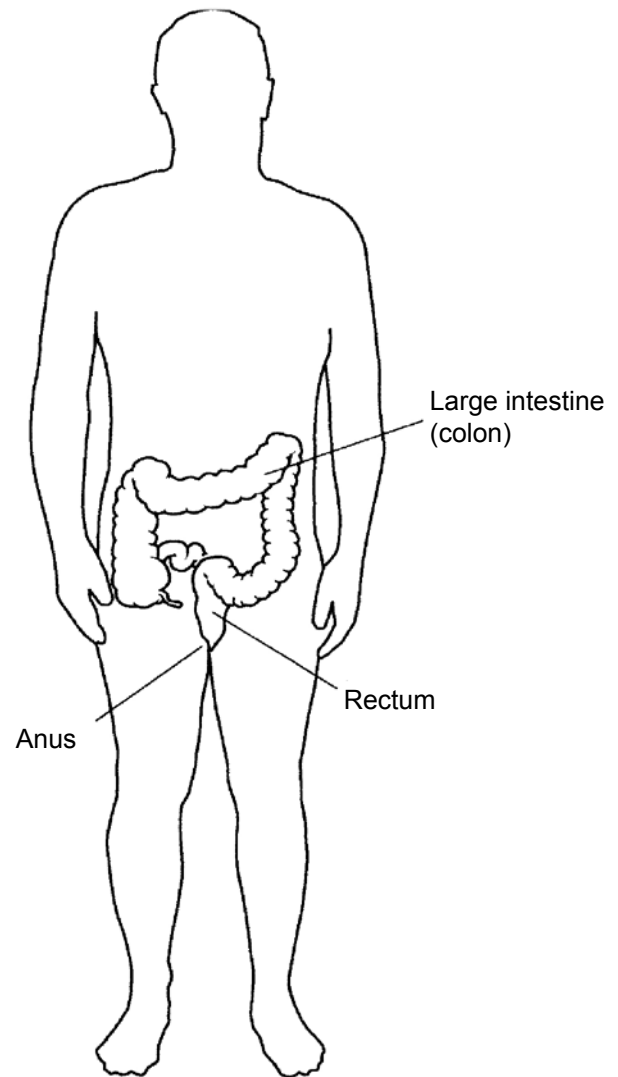
- Pain and cramping often on the lower left side of your abdomen
- Fever and chills
- Nausea and vomiting
- Hard bowel movement called constipation

Your Care

Testing such as a CT scan or a blood test may be done to plan your care.

For your care, you may need to:

- Rest and eat only liquids for several days.
- Drink 6 to 8 glasses of water each day.



Diverticulitis

La diverticulitis es una infección formada por pequeñas bolsas o sacos en la pared muscular del intestino grueso, también llamada colon. En estas bolsas pueden quedar atrapadas deposiciones o alimentos, lo cual origina una infección. Esta infección puede ocasionar hinchazón o dolor. Usted puede sentirse muy enfermo debido a la diverticulitis.

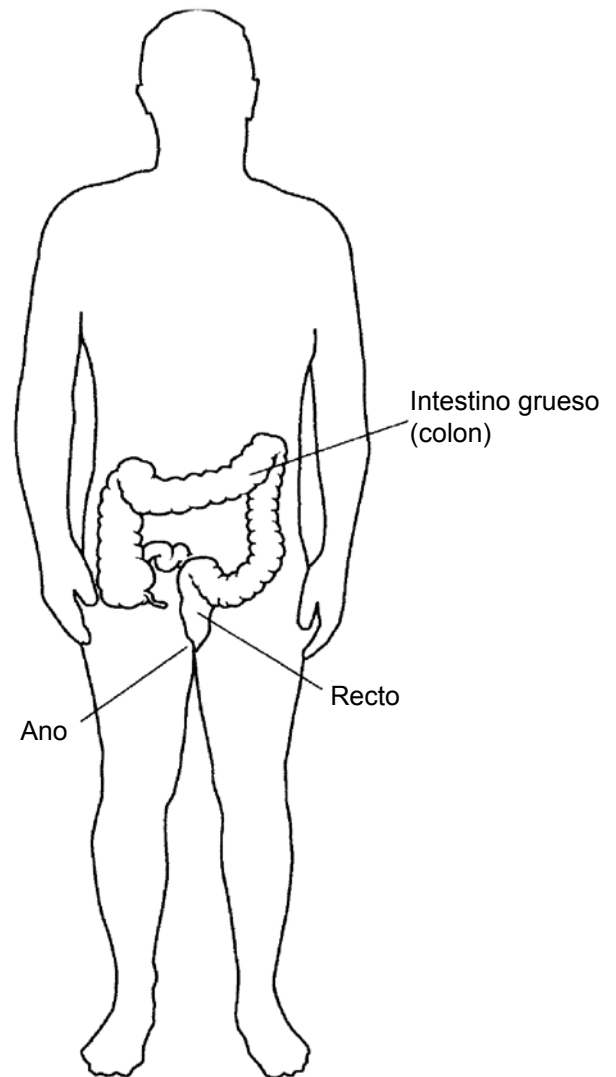
Signos

- Dolor y espasmos, a menudo en la parte inferior izquierda del abdomen
- Fiebre y escalofríos
- Náuseas y vómitos
- Deposiciones duras, a lo que se llama estreñimiento

Cuidados

Se le pueden realizar exámenes tales como una tomografía computarizada o un examen de sangre para planificar su atención. Es probable que deba:

- descansar y consumir únicamente líquidos por varios días;
- beber de 6 a 8 vasos de agua por día;



- Take medicines.
- Take a stool softener.
- Go to the toilet when you have the urge to have a bowel movement.
- Exercise each day.
- Eat more high fiber foods such as wheat bran, whole grain breads and cereals, legumes, nuts and fresh fruits and vegetables. Slowly increase the amount of high fiber foods you eat.
- Eat at set times throughout the day.
- Lose weight if you need to.
- Quit tobacco use.
- Reduce stress.
- Stay at a hospital if you have a bad infection.
- Have surgery to remove the damaged part of the colon if you have diverticulitis often.

Call your doctor right away if you have:

- A bad pain in your abdomen that does not go away or gets worse.
- Trouble breathing all of a sudden.
- A fever higher than 100.5 degrees F or 38 degrees C.
- Chills or feel weak and achy.
- Bowel movements that are black or have blood in them.
- Not had a bowel movement for 3 days.

Talk to your doctor or nurse if you have any questions or concerns.

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- tomar medicamentos;
- tomar un ablandador de deposiciones;
- ir al baño cuando sienta deseos de eliminar deposiciones;
- hacer ejercicio a diariamente;
- comer alimentos ricos en fibra como el cereal de salvado, panes y cereales integrales, legumbres, nueces, y frutas y verduras frescas; aumentar lentamente la cantidad de comidas ricas en fibra que consume;
- comer en horas establecidas durante el día;
- bajar de peso si es necesario;
- dejar de consumir tabaco;
- reducir el estrés;
- permanecer en el hospital si tiene una infección seria;
- someterse a cirugía para eliminar la parte dañada del colon si tiene diverticulitis a menudo.

Llame a su médico de inmediato si tiene:

- un fuerte dolor en su abdomen que no se va o que empeora;
- dificultad repentina para respirar;
- fiebre de más de 100.5 °F o 38 °C;
- escalofríos o se siente débil y adolorido;
- deposiciones negras o con sangre;
- ningún movimiento intestinal en 3 días.

Hable con su médico o enfermera si tiene alguna pregunta o duda.

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Diverticulitis. Spanish.