

Diverticulosis

Stay on high fiber diet. Avoid nuts corn and popcorn. Consider a bulk laxative like psyllium. Use warm compresses to your abdomen for pain relief. Bentyl may help with cramping. Drink plenty of fluids. Follow up with your doctor and the GI doctor in the next 2 days for a colonoscopy. Return if any blood in stool, fever, lightheadedness, dizziness, worsening abdominal pain or any other concerns. Avoid any aspirin and NSAIDS like ibuprofen.