

## Fast Facts

### Bowel Obstruction

-A serious problem that occurs when a blockage keeps food or liquid from passing through small or large intestines.

*Causes:* adhesions (fibrous bands of tissue that transpire in your abdomen after having surgery), Chron's disease (inflammation of your intestines), diverticulitis (infected pouches in your intestines), hernias, colon cancer, volvulus (twisting of the colon), constipation (impacted feces), intussusception (telescoping of the intestines—usually occurs in children).

-Primary concern is that if not treated quickly, the blockage can cut off blood supply to the intestines causing them to die. This can result in a perforation (tear) in the intestinal wall leading to an infection within the abdominal cavity (peritonitis).

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
-Crampy, intermittent abdominal pain -Loss of appetite -Constipation -Vomiting -Inability to have a bowel movement/ pass gas -Swelling of your abdomen	-Hospitalization for stabilization (includes intravenous (IV) fluids to hydrate, a nasogastric (NG) tube to remove any food or air from stomach (lets digestive system rest) and urinary catheter to monitor urine output). -Nothing to eat/drink by mouth to let digestive system rest -Surgery to remove obstruction -Enema for intussusception	-Promote good bowel health by eating a diet high in fiber/water and getting plenty of exercise  -For people with Chron's disease or diverticulitis, follow the dietary recommendations provided by the doctor in order to prevent flare ups, which could lead to a bowel obstruction.

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