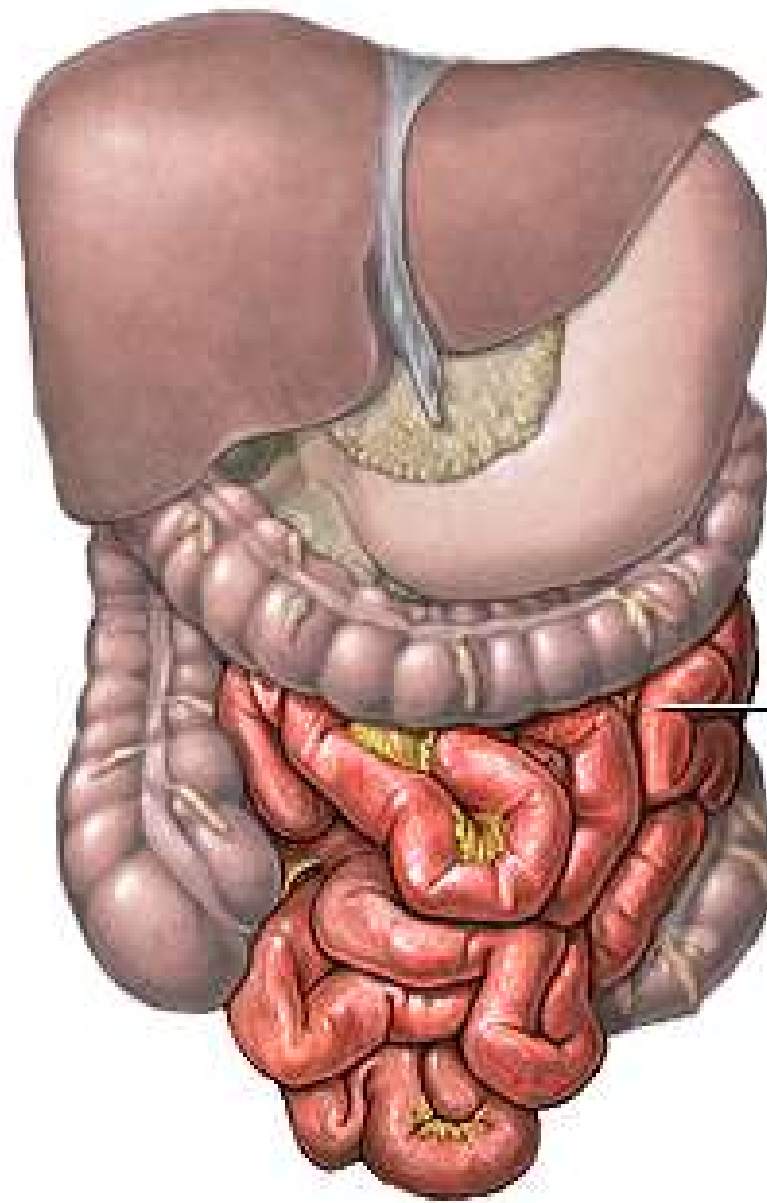


# Diverticulitis



Small  
intestine

adam.com

# Definition

Diverticulitis is inflammation of an abnormal pouch (diverticulum) in the intestinal wall, usually found in the large intestine

Diverticulosis is the abnormal presence of small protruding sacs of the inner lining of the intestine.

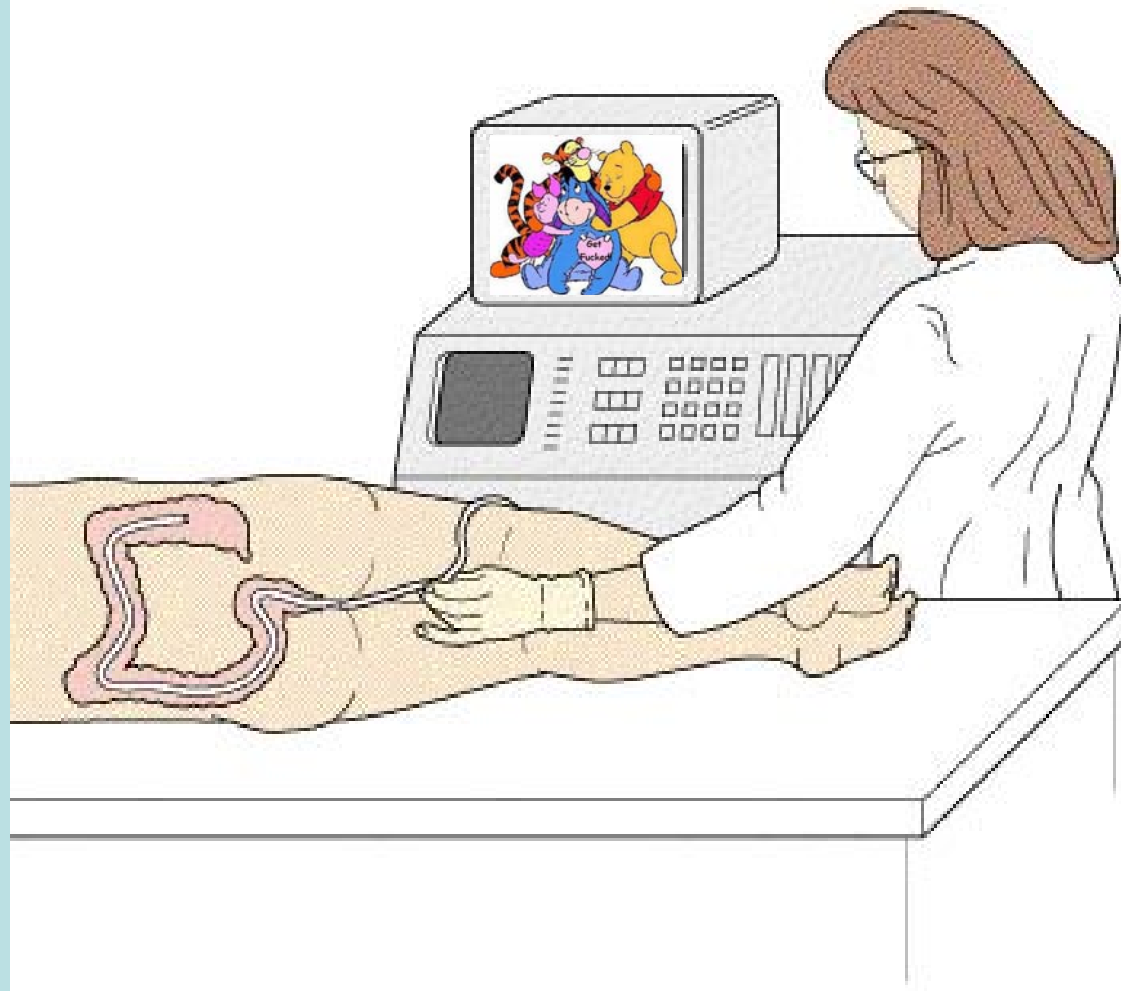
# Causes, Incidence, and Risk Factors

- Small protruding sacs of the inner lining of the intestine (diverticulosis) may occur in any part of the intestine but are most common in the colon.
- They occur with increasing frequency after the age of 40.
- Diverticulitis is an inflammatory condition where gross or microscopic perforation of the diverticula has occurred.

- It affects 10 to 20% of those with diverticula at some time. Infection can occur.
- Risk factors are older age and history of diverticula.
- Low-fiber diet may be a contributing factor to the development of diverticula.
- The incidence is 1 out of 1,000 people.

# Colonoscopy

A flexible fiberoptic scope is inserted through the anus, and the interior of the bowel can be directly viewed on a television monitor.



# Symptoms

- left lower abdominal pain
- constipation or diarrhoea may occur
- chills
- fever

## Additional symptoms that may be associated with this disease:

- swallowing difficulty
- stools, clay coloured
- stools, bloody
- nausea and vomiting
- heartburn
- cough
- breath odour

# Signs and Tests

- tests showing diverticulitis:
  - colonoscopy
  - sigmoidoscopy
  - barium enema
- rectal examination showing bleeding
- abdominal palpation showing left lower quadrant mass
- stool hemoccult test revealing blood

# Treatment

- Acute diverticulitis requires antibiotic therapy.
- Recurrent attacks or presence of perforation, fistula, or abscess requires surgical resection of the involved portion of the colon.
- After the acute infection has stabilized, diverticular disease is treated by increasing the bulk in the diet with high-fiber foods and bulk additives such as **Fibrogel**.

# Prognosis

Usually cases are mild and  
respond well to  
treatment.

# Complications

- abscess formation
- perforation of the colon leading to peritonitis
- stricture or fistula formation

# Prevention

A high-fiber diet may prevent development of the disease.



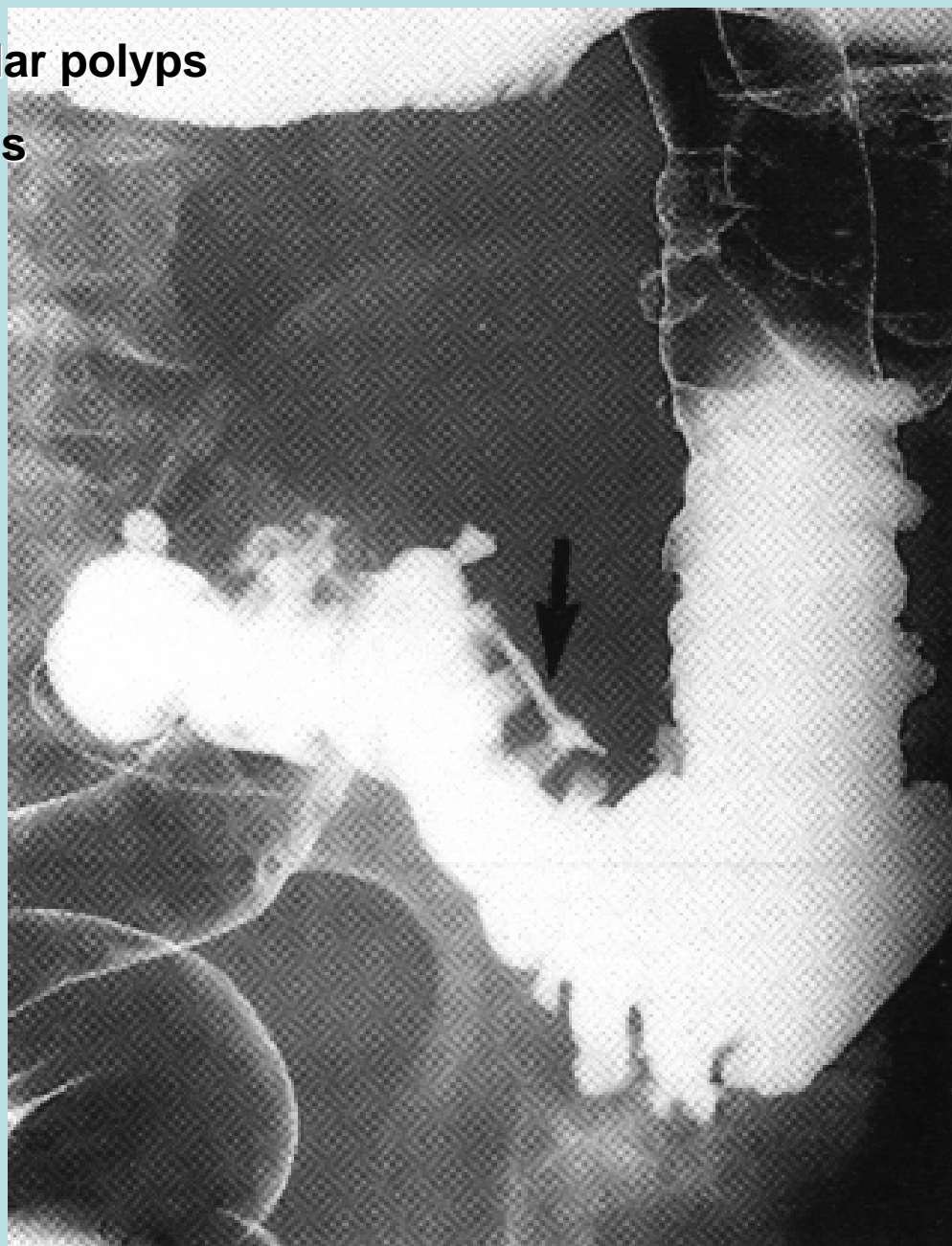
**Fistula formation**

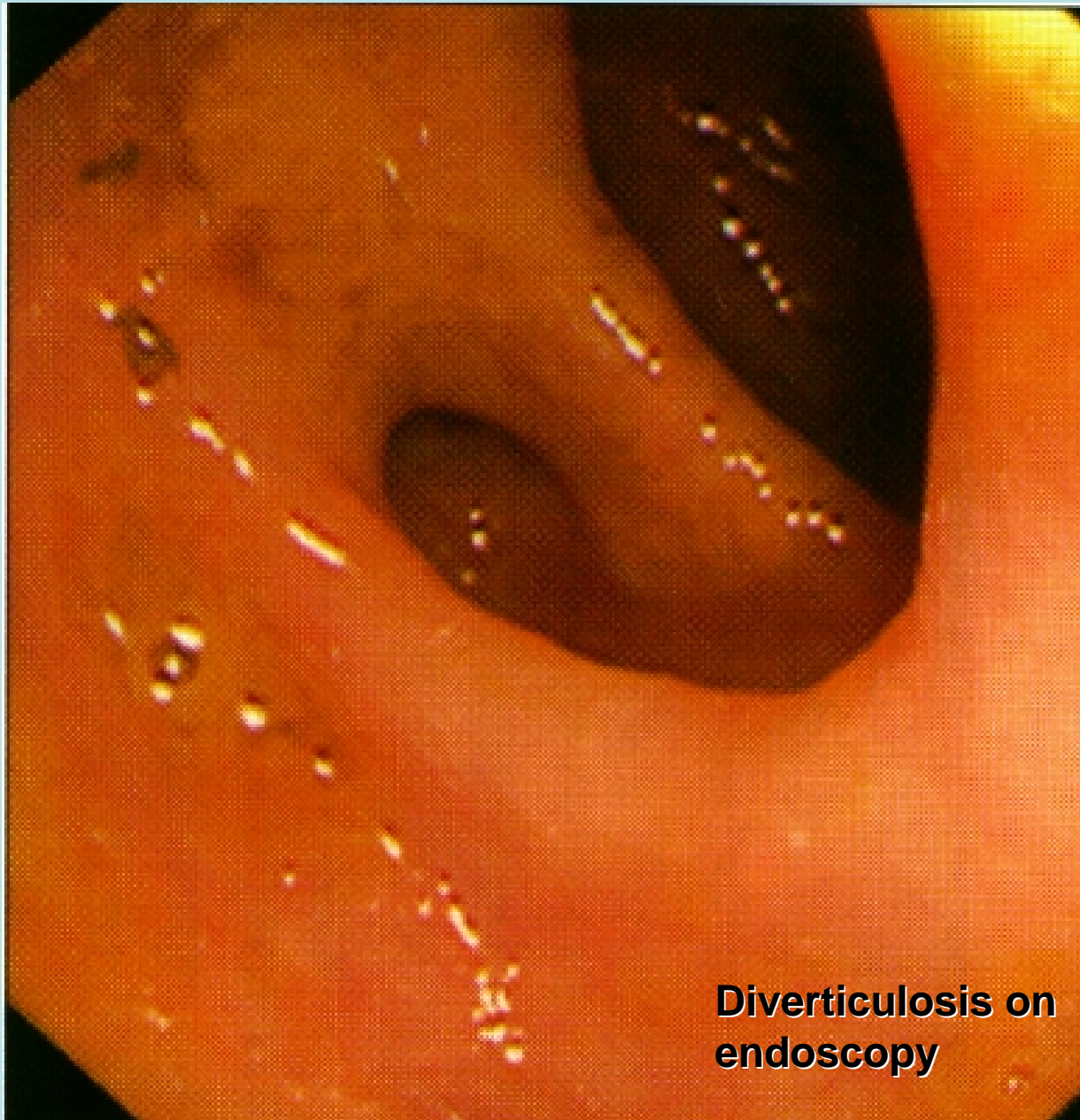
## Anal Fistula



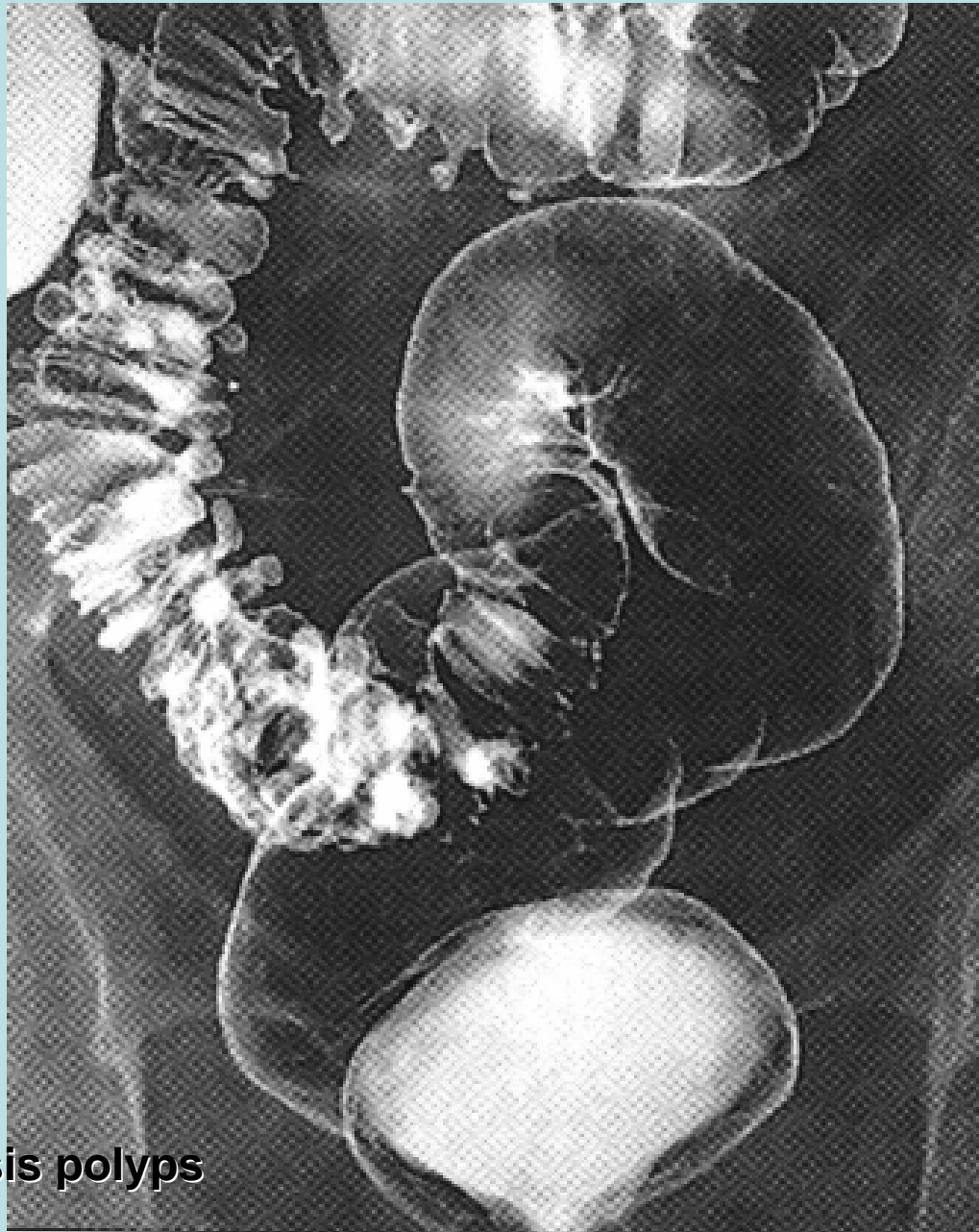
**Diverticular polyps**

**With sinus**





**Diverticulosis on  
endoscopy**



**Diverticulosis polyps**