Influence of Inpatient Dietary Restriction on Recovery from and Reoccurrence of Acute, Uncomplicated Diverticulitis

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**Influence of inpatient dietary prescription on recovery from and reoccurrence of acute, uncomplicated diverticulitis**

A 3-year prospective cohort study

### The background

Internationally, physicians and surgeons continue to prescribe restricted diets for inpatient management of acute, uncomplicated diverticulitis.

Recent GRADE Clinical Recommendations\(^a\) concluded that a liberalized diet (i.e. no dietary restriction) appears safe for the inpatient management of acute, uncomplicated diverticulitis; but more research is needed.

Recent qualitative research\(^b\) suggests dietary restrictions can cause long-term psychological pain in diverticulitis patients.

### The purpose

This study aims to assess the impact of restricted versus liberalized inpatient dietary prescription on recovery from and reoccurrence of acute, uncomplicated diverticulitis.

### The methods

Prospective observational study of adult patients admitted to two metropolitan hospitals in Queensland, Australia, from 2016-2019. Hierarchical multiple linear regression was used to determine the impact of restricted versus liberalized diets on hospital length of stay (a proxy for recovery). Binomial logistic regression was used to determine the impact of restricted versus liberalized diets on 30-day and 6-month reoccurrence of diverticulitis.

### The participants

- 57% female
- Age: µ59.0 ± 13.7yrs
- BMI: µ27.8 ± 4.6kg/m²
- Alcohol: µ1.4 ± 2.7 standard drinks/day
- Admission body temp: µ36.9 (0.7) Celsius
- 34% admitted with diarrhea
- 31% admitted with constipation
- 0% treatment failure

### The key message

This study confirms and strengthens existing evidence\(^a\): Adult patients admitted to hospital with acute, uncomplicated diverticulitis (i.e. no perforation, non-localized abscess, drains placed or surgery required) should be placed on a liberalized diet (i.e., allowing consumption of solid food) and not placed on a restricted diet (i.e., bowel rest/nil by mouth, clear or full fluids).

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\(^b\) Eberhardt, unpublished data, 2019.