

Evidence for dietary fibre modification for the prevention of diverticulitis: A systematic literature review

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DIETARY FIBRE MODIFICATION FOR THE PREVENTION OF DIVERTICULITIS

A SYSTEMATIC REVIEW AND META-ANALYSIS



AIM: To pool and critically appraise existing data to give recommendations for dietary fibre modifications for the prevention of diverticulitis.

METHOD: 5 databases searched from inception to March 2017 for interventional or observational studies.

RESULTS: 28 studies were located, most of which had moderate to high risk of bias. Subsequent good quality evidence is needed to improve confidence of results.

TAKE HOME MESSAGE: A high fibre diet long term and liberalised diet during acute uncomplicated diverticulitis is recommended. Patients with contraindicating comorbidities or symptoms should be supported with individualised nutrition recommendations.

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