



SPAGG

Coversheet for Specialist Palliative Audit and Guideline Group Agreed Documentation

This sheet is to accompany all documentation agreed by SPAGG. This will assist maintenance of the guidelines as well as demonstrating the governance process undertaken prior to members seeking local approval in their areas of work.

Document Title	Dietary advice in Malignant Bowel Obstruction Patient information sheet, with thanks to St. Richard's Hospice
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Document Purpose and Intended Audience	This patient information sheet gives an explanation of malignant bowel obstruction and advice on a 4 stage low fibre diet plan that can be followed to alleviate symptoms.
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St. Richard's Hospice
CARING FOR LIFE Reg. Charity No. 515668

Dietary advice in Malignant Bowel Obstruction

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What is bowel obstruction?

Some people with cancer, especially bowel and ovarian cancer, may be at high risk of malignant bowel obstruction, which is a blockage causing constipation, nausea, and vomiting.

Depending on your situation and your symptoms, a change in diet can help. It is advised to avoid the foods that may increase your chance of getting a blockage.

We suggest that you follow a low fibre diet because fibre is not easily digested and can pass through the intestines in large lumps. The lists in this booklet will help you make the right choices.

There are four stages to a low fibre diet for malignant bowel obstruction. For those people at risk of bowel obstruction but with no problematic symptoms of bowel obstruction then the Stage 4 diet is usual.

However, depending on your situation and symptoms your doctor or specialist nurse may suggest you may need to make more changes to your diet and may suggest you need to move to a lower stage for a period of time.

Your doctor or specialist nurse will let you know which stage you should be following. They will also advise you when you can move to the next stage.

Bowel obstruction staged diet plan

You may find that you have to go backwards and forwards through the stages depending on your symptoms.

You are likely to need to use nutritional supplement drinks at certain times to make sure that you are meeting your nutritional needs.

The four stages are as follows:

Stage 1 – Clear fluids only

Stage 2 – Liquid diet to the consistency of whole milk

Stage 3 – Soft low fibre diet

Stage 4 – Low fibre diet

During Stage 1 you will be guided as to how much oral fluid should be taken.

Occasionally, patients may be asked to fully rest their bowel for a short period of time and take nothing by mouth.

Often these patients will be offered hydration in other ways.

What symptoms may I experience?

If you start to experience any of the following, please contact your doctor, specialist nurse or dietitian.

- Nausea (feeling sick)
- Vomiting
- Feeling full after drinking
- Your bowels do not open for more than three days
- A feeling of “tightness” across your stomach
- Abdominal (tummy) pain

These symptoms could be a sign that your bowel may be blocked. It is important to speak to your dietitian, specialist nurse or doctor so they can advise you what to do.

If you are unable to speak to them immediately, return to Stage I and clear fluids.

The foods you are suggested to eat may need to be mashed or puréed. Always check with your dietitian, nurse or doctor if you are unsure.

Some of the foods on the “low fibre food options” lists may not be suitable in all of the stages. Some foods will suit you better than others, please use the suggested foods as a guide only.

Low fibre diet: Stage 1

What can I drink on Stage 1?

- Water and flavoured water
- Black tea, green tea and earl grey tea
- Herbal and fruit teas: peppermint, red berry, chamomile, lemon and ginger
- Black coffee
- Hot or cold squash
- Smooth, clear fruit juice, such as apple or cranberry juice
- Clear consommé soup, with no bits
- Hot cups of Marmite® or Bovril®
- Still isotonic sports drinks

How can I refresh my mouth?

- Crushed ice
- Ice lollies, including Mini Milk®
- Fruit mouth sprays
- Fortified drinks, for example Fortijuce®

You can suck on boiled sweets and mints, but these must not be chewed and swallowed in pieces.

You are likely to be on this stage for a short period of time and will be guided by your doctor or nurse when you can move stages.

Low fibre diet: Stage 2

What can I eat and drink on Stage 2?

All low-fibre liquids with no bits and of consistency no thicker than whole milk.

- Smooth fruit juice (no bits)
- Whole milk
- Thin milkshakes, for example Yazzoo®, Friji®, Yop®, and Nesquik®
- Milky coffee
- Hot chocolate, Horlicks®
- Smooth yogurt drinks
- Thin custard
- Clear jelly or milky jelly
- Smooth ice cream, or smooth sorbet
- Thin, smooth soup, such as chicken, mushroom, oxtail, and cream of tomato

You can also suck on boiled sweets, mints, and chocolate. However, do not chew and swallow these in pieces.

You can ask about low fibre supplements, such as:

- Fortijuice®
- Fortisip compact
- Aymes shakes compact (with milk)
- Fortisip compact protein

General advice

- Sip on small amounts throughout the day to help prevent dehydration.
- Don't forget, you can also have all the liquids allowed on Stage 1.

Low fibre diet: Stage 3

What can I eat on Stage 3?

Smooth or puréed low-fibre foods. Limit yourself to one or two portions of cooked fruit and vegetables a day.

Breakfast ideas

- Soggy cereal, cornflakes, Rice Krispies®, Coco Pops®
- Thin Ready Brek®
- Pureed, sweetened fruit (such as peaches, pears and stewed apple) with smooth yogurt, custard or ice cream
- Smooth fruit juice
- Milkshakes
- Smooth scrambled eggs, and poached egg

For extra nutrition, you could add honey, jam, cream or milk.

Low fibre diet: Stage 3

Lunch and dinner ideas

- Smooth, creamy soup
- Puréed fish with choice of sauces: white, parsley, cheese
- Blended meat with gravy, or sauce, and served with mashed potatoes, mashed sweet potatoes, or low-fibre vegetables
- Fine white pasta with cheese, or smooth tomato sauce
- Seasoned cous cous with low-fibre vegetables
- Jacket potatoes with no skin, mashed with cheese and butter

Add flavours with mint jelly, soy sauce, tomato sauce, Worcestershire sauce, or smooth mustard.

Pudding ideas

- Smooth milk puddings, such as custard, ground rice pudding, semolina/tapioca
- Blancmange, or mousse
- Angel Delight®
- Ice cream, sorbets
- Full fat smooth yogurt
- Fromage frais
- Egg custard
- Creme caramel

Low fibre diet: Stage 3

Snack ideas

- Dunked, plain biscuits such as rich tea or custard creams
- Sponge cake pureed with chocolate sauce, for example madeleines and madeira cake
- Melt-in-the-mouth crisps, such as Quavers®, Wotsits®, Skips®, Pom Bears® and Pringles®
- Smooth dips, such as sour cream, guacamole, or taramasalata
- Portion of soft cheese, such as Laughing Cow®, Dairylea®, Philadelphia®, Primula®, Quark®, or cream cheese.

General advice

- Limit yourself to three small meals and three snacks per day.
- Add nutrition and calories by including grated cheese, cream, butter, cream cheese, or crème fraîche.
- Don't forget, you can also have all the liquids on stages one and two.

Low fibre diet: Stage 4

What can I eat on Stage 4?

Aim for soft, low-fibre foods. Limit yourself to one or two portions of cooked fruit and vegetables per day.

Breakfast ideas

- Ready Brek®
- Soggy cereal, cornflakes, Rice Krispies®
- Stewed fruit, avoid pips and seeds
- Full fat yogurts
- Smooth fruit juice
- Milkshakes
- Small piece of toast
- Eggs - omelette, scrambled, poached, soft boiled with toast
- For added nutrition, include honey, jam, cream and milk.

Low fibre diet: Stage 4

Lunch and dinner ideas

Please note, all meat must be tender and well-chewed before swallowing

- Shepherds pie/ cottage pie
- Chicken tikka, coronation chicken
- Corned beef hash
- Fish pie, fish morney
- Soya or Quorn mince dishes with gravy
- Soufflé
- Cauliflower cheese, macaroni cheese, carbonara
- Egg, vermicelli, rice or udon noodles with broth
- Chopped cooked meat added to sauces and blended
- Mashed potatoes/ sweet potatoes/ butternut squash
- Jacket potato (no skin)
- White pasta and white rice
- White cous cous, polenta
- Tinned spaghetti/ravioli
- Omelette, scrambled or soft boiled eggs

Low fibre diet: Stage 4

Pudding ideas

- Milk puddings, custard, rice pudding, semolina, tapioca
- Sponge pudding
- Cake with cream, custard, ice cream
- Egg custard, creme caramel
- Blancmange/mousse, Angel Delight®, fruit fool, trifle
- Ice cream, sorbet
- Frozen yogurt
- Full fat yogurt/fromage frais

Include syrup, honey, lemon curd, cream, custard, evaporated or condensed milk for added nutrition.

Savoury

- Creamy soup (avoid soups with lots of beans, vegetables or lentils)
- Pasta with sauce
- Crackers or bread sticks with dips, for example sour cream, taramasalata and smooth guacamole
- Prawns and cocktail sauce
- Melt in the mouth crisps: Quavers®, Wotsits®, Skips®, Ritz® or Tuc® crackers
- Tuna, salmon, or egg mayonnaise
- Cream cheese
- Avocado with crab meat

Low fibre diet: Stage 4

Sweet

- Dunked, plain biscuits, such as rich tea, custard creams and bourbons
- Choc ice
- Smooth chocolate bars
- Smooth chocolate

General advice

- Limit yourself to three small meals and three snacks per day. All food should be well chewed.
- Soften foods by mincing, mashing and chopping. Use sauces and gravy to moisten food.
- Don't forget, you can have the liquids and food on stages one, two and three.

Low fibre fruit options

Please choose food in line with recommendations for the diet stage you are on. Not all options listed here are suitable for each stage.

Suggested foods

Limit to one portion per day. Always check if these need to be puréed.

- Fruit juice, with no bits
- Bananas
- Mango, papaya
- Melon, watermelon
- Well-blended, low-fibre smoothies, such as banana and mango
- Fruit with the skins removed, such as peeled apples, pears, peaches, plums, nectarines
- Puréed, stewed or cooked fruit, without skins, pips or stones
- Tinned fruit
- Fruit sauces and coulis with pips removed, for example sieved raspberry coulis, apple sauce

Fruits to avoid

- Fruit juice with bits
- Fruits with skins on, such as grapes, cherries, blueberries
- Whole oranges/satsumas
- Coconut
- Rhubarb
- Whole berries and fruits with seeds, such as strawberries, raspberries, blackberries, kiwi, pomegranate, passion fruit
- All dried fruit, such as raisins, cranberries, apricots, prunes, dates

Low-fibre vegetable options

Please choose food in line with recommendations for the diet stage you are on. Not all options listed here are suitable for each stage.

Suggested foods

Ideally limit to one portion per day.

Always check if these need to be puréed.

- Well-cooked root vegetables, for example carrots, parsnips, swede, turnips, beetroot
- Butternut squash, pumpkin
- Peeled marrow, courgette
- Well-cooked cabbage, broccoli or cauliflower, with no stalks
- Avocado
- Limited peeled de-seeded tomato, cucumber
- Smooth vegetable soups
- Well-cooked onion and garlic (as a paste)
- Peeled aubergine
- Mushy peas
- Tomato passata

Vegetables to avoid

- All skins, pips and seeds
- Broad beans
- Tough stalks of vegetables
- Spring greens
- Raw beetroot
- Raw vegetables
- Asparagus
- Celery, radish
- Lettuce, rocket, watercress, salad leaves and spinach
- Brussels sprouts
- Chicory, fennel
- Leeks, spring onions
- Raw/ under cooked onion and garlic
- Pickled onions
- Sweetcorn
- Mushrooms
- French/runner beans
- Pak choi
- Bean sprouts
- Soup with whole vegetables
- Fresh/boiled peas, sugar snaps, mangetout
- Whole tomatoes

Low fibre starchy food options

Breads and cereals

Please choose food in line with recommendations for the diet stage you are on. Not all options listed here are suitable for each stage.

Suggested foods

Ideally limit to one portion per day.

Always check if these need to be puréed.

- Rice Krispies®, Cornflakes®, Cocopops®, Frosties®
- Ready Brek® (Stages 3 & 4)
- White flour, cornflour, rice flour, potato flour (to make sauces)
- Melt-in-the-mouth Melba toast, crackers and crispbreads (without seeds and grains)

Starchy foods to avoid

- All types of bread, wraps, pitta, rolls, baguettes and bagels
- Wholemeal, wholegrain and bran cereals: All Bran®, Branflakes®, Weetabix®, and Special K®
- Cereals containing dried fruit, seeds, or nuts, for example Sultana Bran®, Fruit n Fibre®, Muesli, Crunchy Nut Cornflakes®
- Rolled oats, porridge
- Granola
- Wholemeal flour, wholegrain, or granary flour, bran
- Chickpea flour, cornmeal
- Wholegrain or seeded crackers or crispbreads
- Oatcakes, rice cakes, corn cakes
- Cereal bars
- Crumpets, muffins, scones, pancakes
- Croissant and brioche

Low fibre starchy food options

Potato, rice and pasta

Please choose food in line with recommendations for the diet stage you are on. Not all options listed here are suitable for each stage.

Suggested foods

Ideally limit to one portion per day.

Always check if these need to be puréed.

- Peeled white or sweet potatoes
- White rice
- White pasta
- Noodles, such as egg, vermicelli, rice, and udon
- Rice pudding
- White couscous, bulgur wheat, tapioca, sago

Starchy food to avoid

- Skins of jacket potatoes
- Brown and wild rice
- Wholemeal pasta
- Hash browns
- Pastry
- Barley, pearl barley, spelt, quinoa, gnocchi, bulgur wheat

Low fibre protein food options

Please choose food in line with recommendations for the diet stage you are on. Not all options listed here are suitable for each stage.

Suggested foods

Ideally limit to one portion per day.

Always check if these need to be puréed.

- All types of fish, meat and meat products including fresh, frozen, tinned
- Smooth pâté and liver sausage
- Smoked salmon or mackerel pâté
- Eggs
- Tofu
- Smooth nut butters

Protein food to avoid

- Skin and bones of fish
- Convenience items which contain whole grains and vegetables, such as onions and peppers
- Coarse pâté made with onions
- Quorn
- Soya mince
- All varieties of pulses, such as lentils and chickpeas
- All varieties of beans, such as borlotti, cannellini, kidney, soya, baked beans and broad beans
- All nuts
- All seeds, such as sunflower, pumpkin, sesame and poppy
- Crunchy nut butters
- Houmous

Low fibre dairy food options

Please choose food in line with recommendations for the diet stage you are on. Not all options listed here are suitable for each stage.

Suggested foods

Ideally limit to one portion per day.
Always check if these need to be puréed.

- All types of milk, such as cow's, goat's, sheep's, soya, rice, oat, and almond
- Cream, sour cream, crème fraîche
- Buttermilk
- All types of cheese (without dried fruit and nuts)
- Butter, margarine and spread
- Smooth yoghurt
- Smooth ice cream and sorbet
- Custard

Dairy food to avoid

- Cheese containing dried fruit or nuts
- Yoghurt containing whole fruit, nuts, seeds or pips
- Ice cream and sorbet containing nuts, seeds and whole fruits

Low fibre savoury treat options

Please choose food in line with recommendations for the diet stage you are on. Not all options listed here are suitable for each stage.

Suggested foods

Ideally limit to one portion per day.

Always check if these need to be puréed.

- 'Melt-in-the-mouth' crisps, such as Quavers®, Wotsits®, Skips®, Pom Bears®, Pringles®
- Melba toasts
- 'Melt-in-the-mouth' crackers
- Plain bread sticks
- Mini cheddars, Ritz® or TUC® sandwich biscuits
- Smooth dips, for example sour cream, taramasalata, smooth guacamole

Savoury treats to avoid

- Nuts and seeds
- Popcorn
- Bombay Mix
- Dips that contain whole tomatoes, cucumbers, and onions, such as salsa and tzatziki
- Crisps and bread sticks that do not melt in the mouth
- Cheese straws

Low fibre sweet treat options

Please choose food in line with recommendations for the diet stage you are on. Not all options listed here are suitable for each stage.

Suggested foods

Ideally limit to one portion per day.

Always check if these need to be puréed.

- Cakes made with white flour (without dried fruit or nuts) and softened with cream or custard
- Plain biscuits, such as rich tea, custard creams, malted milk, bourbon creams, Nice®, and ginger nuts dunked in a hot drink
- Jelly or milk jelly (without fruit)
- Boiled sweets
- Smooth milk, white or plain chocolate (without dried fruit and nuts)
- Fudge

Sweet treats to avoid

- Cakes made with wholemeal or wholegrain flour
- Cakes made with dried fruit and nuts
- Wholemeal and wholegrain biscuits, such as Digestives, Hobnobs®
- Biscuits containing dried fruit, for example fig rolls and Garibaldi®
- Hot cross buns, tea cakes, fruit scones
- Crumpets, muffins
- Cereal bars containing dried fruit and nuts
- Flapjacks
- Jelly made with fresh berries
- Chocolate with nuts and dried fruit
- Nougat and toffee
- Jelly sweets and marshmallows

Low fibre condiment options

Please choose food in line with recommendations for the diet stage you are on. Not all options listed here are suitable for each stage.

Suggested foods

Ideally limit to one portion per day.

Always check if these need to be puréed.

- Tomato ketchup
- Barbecue sauce, brown sauce
- Smooth mustard
- Tabasco® sauce
- Smooth chutneys
- Soy sauce, Worcestershire sauce
- Mayonnaise, salad cream
- Ginger, garlic, lemongrass, chilli, horseradish puree
- Salt and pepper
- Dried herbs and powdered spices
- Gravy
- Seedless jam or marmalade
- Lemon curd, honey, golden syrup, maple syrup and treacle
- Hazlenut spread, Nutella®
- Smooth nut butters e.g. peanut or almond
- Marmite®, Vegemite®, Bovril®

Condiments to avoid

- Pickles and relishes
- Chutneys with whole pieces
- Wholegrain mustard
- Stalks and leaves of fresh herbs
- Jam with seeds
- Marmalade with peel
- Salad dressing with wholegrain mustard

How to get advice and help

If you require further advice or have problematic symptoms please contact your **Clinical Nurse Specialist (CNS)** or **GP**.

CNS Name:

CNS Contact Number:

GP Name and Surgery:

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GP Contact Number: