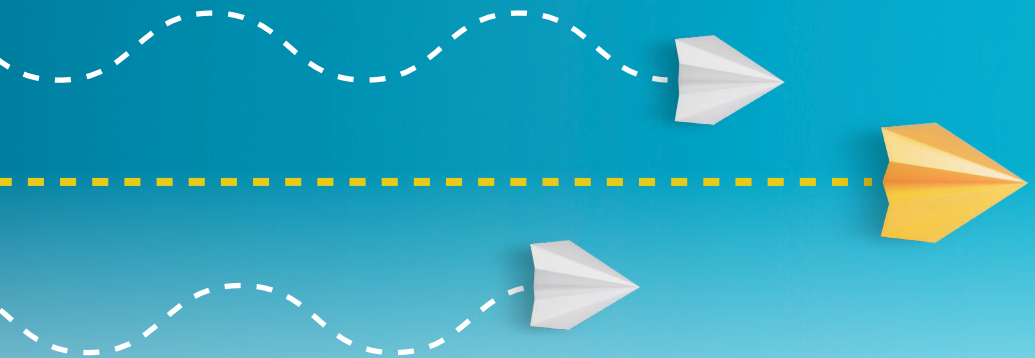




Webinar insights

FIBRE & BOWEL TRANSIT





In May 2023 nutrinovo supported a webinar covering the topic of fibre and its role in bowel transit disorders.

Hosted by Dr Anne Holdoway & Sophie Medlin, this webinar provided a wealth of insightful information which can easily be utilised within your day-to-day practice.

This booklet highlights some of Anne & Sophie's key takeaway points.



SOLUBLE FIBRE

- Draws water into the stool making it softer and easier to pass
- Can create a viscous gel-like substance
- Can increase stool volume
- Can be a good source of prebiotics



INSOLUBLE FIBRE

- Causes an increase in mechanical stool bulk
- Has less prebiotic potential
- Can be less well tolerated for people with gut function disorders



Scan to watch the webinar or visit the
nutrinovo.com Resource Centre

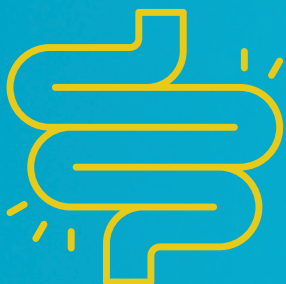
COMMON COLORECTAL CONDITIONS

If the stool is hard and difficult to pass, think...

Simple constipation

Use lifestyle measures:

- Toileting position
- Soluble and insoluble fibre
- Fluids and movement



If the stool is soft and difficult to pass, think...

Rectal dysfunction

- Refer to colorectal for consideration of biofeedback and pelvic physiotherapy
- Encourage good toileting position

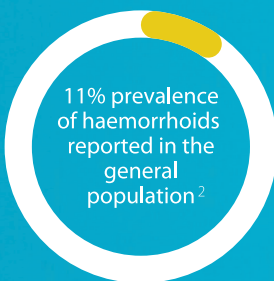


Diverticular disease



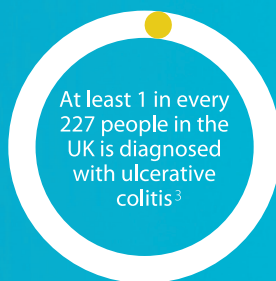
Important to understand fibre tolerance and optimise intake

Haemorrhoids & anal fissures



Add soluble fibre and ensure the stool remains soft and easy to pass

Ulcerative colitis



A well balanced, low residue diet can help with symptom management

HOW FIBRE SUPPLEMENTS CAN HELP...



As a tool to assess the impact of introducing fibre, whilst controlling the type and amount of fibre given



To support patients to come off laxatives



To support patients with constipation and diarrhoea

1. Guts UK. 2022. All you need to know about Diverticular Disease. Available from: <https://gutscharity.org.uk/advice-and-information/conditions/diverticular-disease/> (Accessed 20 June 2023).
2. NICE. 2021. Haemorrhoids: How common is it? Available from: <https://cks.nice.org.uk/topics/haemorrhoids/background-information/prevalence/> (Accessed 20 June 2023).
3. Crohn's & Colitis UK. 2021. Ulcerative Colitis. Available from: <https://crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/understanding-crohns-and-colitis/ulcerative-colitis> (Accessed 20 June 2023), or if using alternative option:
3. NICE. 2021. Ulcerative Colitis: How common is it? Available from: <https://cks.nice.org.uk/topics/ulcerative-colitis/background-information/prevalence/> (Accessed 20 June 2023)

HyFIBER

HyFIBER is a low volume, liquid fibre supplement containing 12g of soluble fibre in each 30ml serving, which can provide an alternative approach to supporting patients with bowel transit disorders.



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