



# Possible Bowel Obstruction

**S**ome people have a high risk of developing a bowel obstruction due to the location of a cancer or from adhesions from a previous surgery. Symptoms often include cramping, intense abdominal pain and swelling, and even nausea and vomiting. If you have concerns about your bowel habits, be sure to contact your doctor.

Here are some ways to reduce your chance of developing a bowel obstruction:

- ◆ Follow a low-residue diet. Avoid high-fiber foods, such as whole-grain breads and cereals, nuts, and foods that contain seeds, whole wheat, cracked wheat, or rye. Peel fruits and vegetables before eating.
- ◆ Choose breads, biscuits, soft buns, crackers, pasta, cereals, and other grain products made with refined white flour.
- ◆ Drink at least 8 to 10 cups of clear fluids a day. Drink small amounts often and throughout the day. Avoid beverages with caffeine, such as coffee and some soft drinks.
- ◆ Avoid gas-producing foods if you have bloating or cramps caused by gas. These foods include broccoli, cabbage, melons, carbonated drinks, beer, and chewing gum.
- ◆ You may develop an intolerance to milk and dairy products (temporary lactose intolerance), which can lead to gas, cramping, and diarrhea. Eat or drink smaller amounts of milk products at meal or snack time. For example, drink  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of milk at a time instead of 1 cup. Yogurt with live cultures is often easier to digest than milk or cheese.
- ◆ Avoid drinking fluids through a straw. This can increase the amount of air you swallow and cause increased gas and discomfort.

## When to Call Your Doctor

- ◆ Call your doctor immediately if you have constipation (no bowel movement in 2 days), nausea, vomiting, or abdominal pain.
- ◆ Talk with your doctor before taking any over-the-counter medication.



## Recipe

### Lazy Man's Pie

- 1 stick (8 tbsp) margarine
- $\frac{3}{4}$  cup milk
- 1 cup self-rising flour
- 1 cup sugar
- 1 16-ounce can fruit

Preheat the oven to 450°F. Melt margarine in a pie pan. Mix together milk, flour, and sugar, and pour over margarine. Open can of fruit and drain. Pour fruit over batter. *Do not stir.* Bake for about 35 minutes or until browned.

*Makes four servings. Each serving contains 580 calories and 5 grams protein (calculated with whole milk and with sour cherries packed in heavy syrup).*

# Food List

	Recommended	Foods That May Cause Distress
High-protein foods	All meats, poultry, fish, eggs, soups, milk, cheese, yogurt	Beans, peas, peanut butter, nuts
Bread, cereals, rice, and pasta	White bread, bagels, English muffins; refined cereals such as cream of wheat, cornflakes, rice cereals; pasta, rice	Whole-grain breads and cereals—for example, whole-wheat or cracked-wheat breads, bran cereals, granola
Fruits and vegetables (limit to 3 servings a day)	Peeled fresh fruit, bananas, canned fruit, cooked vegetables	Apples, pears, prunes, dried fruit, berries, asparagus, sweet potatoes, raw vegetables, salads
Beverages, desserts, and miscellaneous	Juice and soft drinks; decaffeinated coffee, caffeine-free tea, cocoa; cake, cookies, pie, pudding, ice cream, and sherbet; margarine, salad dressing, and vegetable oil	Desserts made with nuts, seeds, or dried fruit; alcohol; popcorn



## Recipe Recipe Recipe

### Cheese Strata

6 slices cheese  
12 slices bread, crusts trimmed  
4 eggs  
2½ cups milk  
Salt and pepper to taste  
¼ teaspoon dry mustard

Spray a shallow 9" × 13" baking dish with vegetable spray. Make simple cheese sandwiches and place in

the baking dish. Beat together eggs, milk, salt, pepper, and dry mustard and pour over sandwiches. Cover and refrigerate for at least 1 hour (overnight is better). Bake in a preheated 325°F oven for 40 minutes or until puffed and golden brown.

*Serves 6. Each serving contains 350 calories and 18 grams protein (calculated with whole milk).*