Patient Information

University Hospitals Coventry and Warwickshire NHS Trust

Dietetics

Nutrition Team - Dietary advice for people with a bowel obstruction

This information is for people with a bowel obstruction. This advice should only be followed with the support from the Nutrition Team.

This information is relevant if you have been diagnosed with a bowel obstruction or are at high risk of developing one. A bowel obstruction happens when there is a complete or partial blockage in the gut, stopping food from passing through.

You may find that you are unable to open your bowels and may have symptoms such as pain and being sick (vomiting).

This may occur in conditions such as:

- Bowel cancer
- Other types of cancer which have spread to the bowel
- Narrowing of the bowel, such as, Crohn's disease or scar tissue from previous operations
- A mass or hernia within the small or large bowel

If you have had an obstruction within the bowel, it is important to change your diet to control your symptoms. This is because your bowel may still be narrower than normal. Choosing appropriate foods may reduce the risk of

further blockages and may also reduce symptoms like pain, bloating, feeling sick (nausea) and being sick (vomiting).

Changes to your diet may be short-term or long-term, depending on the cause of obstruction and available treatment options.

The 4-step bowel obstruction diet:

If you are at risk of getting a bowel obstruction, the foods you can eat will vary depending on your level of symptoms. This diet sheet will explain a 4-step approach, tailored to your individual needs, which will be discussed with you by your dietitian. At every stage, it is important to follow a low-fibre diet.

Foods to avoid (during all steps):

Some foods are not fully broken down or digested and travel through the bowel in larger pieces. These foods are more likely to cause blockages in people with, or at risk of, a bowel obstruction. These foods are often called high-fibre or high-residue foods and include:

- Fruit and vegetables with skin, pips, or seeds, for example, berries, dried fruit, oranges
- Raw vegetables such as, salad leaves, cucumber, tomato, rhubarb, lettuce
- Fibrous vegetables for example, mushrooms, sweetcorn
- Stringy vegetables for example, celery, asparagus
- Leafy vegetables for example, kale, spinach, cabbage
- Beans, legumes pulses or nuts for example, chickpeas, lentils, baked beans
- Wholemeal bread and wholemeal bread products
- High-fibre cereals such as, muesli or branflakes
- High fibre foods such as, wholegrain rice or wholewheat pasta

Fibre helps to form ‘bulk’ making stools (poo) larger and more solid. Reducing fibre in your diet can help to make stools easier to pass by making them softer and resulting in less stool bulk. This is why you are

encouraged to have a low-fibre diet. Following this diet should make your stools looser than normal.

However, some people will find that they may experience constipation when they reduce their fibre intake. Therefore, it is important to drink plenty of water, include some sources of appropriate fruits and vegetables and speak to your doctor about suitable medications that may help manage this.

Dietary habits

Changing the way, you eat can also reduce your risk of bowel obstruction:

- Take a little and often approach to eating. For example, have 3 small meals with snacks in between, rather than 3 large meals per day.
- Make sure you chew your food thoroughly.
- Eat slowly and allow time for it to be digested.
- Sip on a drink throughout your meal to help soften the food.

Preventing malnutrition:

If you are losing weight whilst following this diet, you should speak with your dietitian. They will be able to support you with ways to increase your calorie intake without making your symptoms worse or increasing your risk of bowel obstruction. They might also prescribe supplement drinks.

The 4 Step Bowel Obstruction Diet:

Step 1	**Clear fluids only**	Page 5
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Step 4	**Very soft low-fibre foods**	Pages 14-20

How to use this information:

It is important to remember that everyone is different and your tolerance to foods may change over time. This leaflet will explain the 4 steps to follow for people at risk of bowel obstruction. Your dietitian will advise you on which step you should follow and when to progress through the steps.

Remember to speak with you doctor or Nutrition Team dietitian if you experience any of the following:

- Feeling sick (nausea) or being sick (vomiting)
- Tummy (Abdominal) pain
- Bloating
- Tightness in the tummy
- Unable to pass stool for longer than usual

If you are experiencing any of the symptoms listed, it may also be helpful to move backwards through the steps until your symptoms settle.

Some people will need to follow this advice long term, whereas others may find they are able to progress beyond step 4 to include some other foods. Your dietitian will be able to advise on this.

Step 1: Clear fluids only

This stage will usually be followed if you have had a complete blockage in the bowel. You may revert to this stage if you are following stages 2, 3 or 4 but develop severe symptoms that indicate your bowel may have blocked again.

Drinking only clear fluids will help to allow time for your symptoms to settle.

Suitable clear fluids are listed below.

Water
Black tea or coffee
Squash or flavoured water (non-carbonated)
Smooth clear fruit juice such as, apple juice, pineapple juice
Coconut water
Herbal or fruit teas
Clear soup like miso (with no bits)
Hot cup of Marmite® or Bovril®
Hot cup of water with dissolved stock cube or stock pot
Still isotonic sports drink such as, Lucozade Sport®, Gatorade Sport® or Powerade®
Clear Oral Nutritional Supplement (ONS) drinks such as, Nutricia Fortijuce, Ensure Clear, Nualtra Altrajuce, Aymes ActaGain Juce

Aim to sip on fluids slowly throughout the day. You may also suck on boiled sweets, mints, ice cubes or clear ice lollies. These should not be chewed or swallowed in pieces.

It is not suitable to follow step 1 long-term, as you will not be able to get all the required nutrients that the body needs from clear fluids only. Your doctor or dietitian will be able to help support you with other ways to meet your nutritional needs.

Step 2: All thin fluids

Once you can tolerate clear fluids without significant symptoms, your doctor or dietitian may advise you to progress to all thin fluids. This is sometimes also called ‘free fluids.’

You may revert to this stage if you are following stages 3 or 4 but begin to experience pain, feeling sick (nausea), bloating or are unable to open your bowels.

During stage 2, all liquids need to be no thicker than milk or melt in the mouth to a thin consistency. There must not be any chunks or bits.

Suitable thin liquids are listed below:

Milk or dairy free milk alternatives like, almond, oat, soya, cashew, rice, hazelnut, hempseed.	Flavoured milk e.g. Nesquik®, Milo®, Crusha®
Thin milkshakes like, Friji®, Yop®, Yazoo®, Shaken Udder®	Dairy free thin milkshakes e.g. Biotiful®, The Collective®, Muller®
Yoghurt drinks e.g. Yakult®, Actimel®, Yop® (avoid these if you get increased bloating or pain)	Protein milkshakes e.g. UFIT®, Barebells®, Nurishment®, HUEL®
Milky coffee, latte, cappuccino, iced coffees	Horlicks®, Ovaltine®
Tea with milk	Thin fruit juice (no bits)
Hot chocolate	Jelly, milk jelly, cream, whipped cream
Thin custard loosened with milk or milk alternatives	Ice lollies, mini milk, frozen yoghurt lollies
Smooth ice cream, sorbet, or frozen yoghurt	Thin soups (with no chunks)

You may also suck on boiled sweets, mints, or smooth chocolate. These should not be chewed or swallowed in pieces. You may also drink any clear fluid from step 1. If you need to follow step 2 long-term, your dietitian or doctor will support you to include enough variety to meet your nutritional needs.

Step 3: Smooth or pureed low-fibre foods

Once you can consistently tolerate all thin fluids without significant symptoms, your doctor or dietitian may advise you to progress to step 3.

All foods during this stage should be:

- Low in fibre
- Smooth in consistency
- Able to be swallowed without needing to chew or able to melt in the mouth

At this stage, you should only have 1 portion of fruit and 1 portion of vegetables (from the suitable options) per day.

Tips:

- Use a hand blender to puree foods
- You may need to add extra liquid to puree some foods (such as, milk, cream, water)
- Sieve foods if necessary to remove lumps
- Present pureed food separately on the plate from each other to make them look more appealing

Foods allowed	Foods to avoid
Carbohydrates	
Soggy' cereal soaked in milk e.g. Cocopops®, Frosties®, Cornflakes® or Rice Krispies® Ready Brek® Melt-in-the-mouth crackers e.g. Carrs®, Ritz®, Tuc®, Cornish wafers, crisp bakes, French or Melba toast Flours that are low in fibre (to make sauces or cakes) e.g. buckwheat, cornflake, cornmeal, gram flour,	Cereals with dried fruit, seeds or nuts e.g. Fruit n Fibre®, granola, museli, sultana bran, Crunchy Nut Cornflakes® Cereals with wholemeal, wholegrain and bran e.g. All Bran®, Branflakes®, Cheerios®, Special K®, Weetabix® Breakfast or cereal bars e.g. Belvita®, Nutrigrain®, Nature Valley®, Eat Natural®, Nakd®

potato flour, rice flour, white flour	Porridge and rolled oats Bread and bread products of all types e.g. white, wholemeal, granary, seeded, bagels, baguettes, naan, pitta, rolls, sourdough, wraps, brioche, crumpet, hot-cross buns, muffins, pancakes, scones, scotch pancakes, tea cakes Crackers that do not melt in the mouth e.g. corn cakes, cream crackers, oat cakes, rice cakes, Ryvita®, water biscuits Flours high in fibre e.g. bran flour, chickpea flour, granary flour, wholemeal flour, wholegrain flour Pastry Amaranth, buckwheat, bulgar wheat, millet, pearl barley, quinoa, farro, freekeh, polenta Stuffing, Yorkshire pudding
Mashed / creamed potatoes or sweet potatoes (no skin) Ravioli, tinned spaghetti, or spaghetti hoops	Potato skins, hash browns Pasta (e.g. spaghetti, penne, linguine, fusilli), couscous, noodles, gnocchi All rice
Fruits and vegetables	
Puréed tinned fruit Puréed fresh fruit e.g. apples, apricots, bananas, guava, mango, melon, nectarines, papaya, pears, peaches, plums, watermelon (all peeled and deseeded) Stewed fruit without skins, pips, or stones Fruit compote, sauces, coulis with	Ackee, blackberries, blackcurrants, blueberries, cherries, clementines, coconut, cranberries (fresh and dried), dates, dried apricots, figs, grapefruit, grapes, jackfruit, kiwi, longan, lychee, mandarins, oranges, passion fruit, pineapple, pomegranate, prunes, raisins, raspberries, redcurrants, rhubarb,

pips removed Pureed vegetables e.g. carrots, parsnips, butternut squash, heads of broccoli / cauliflower, celeriac, courgette, garlic, pumpkin, swede, peppers (well-cooked and peeled) Mashed avocado Tomato passata Garlic, ginger, chilli, horseradish, and lemongrass purée	satsumas, strawberries Asparagus, baby corn, bean sprouts beetroot, bok choi, broad beans, brussels sprouts, cavolo nero, celery, chicory, chilli (fresh or dried), coleslaw, edamame, endive, fennel, French beans, garlic (whole, raw or undercooked), gherkins, ginger (fresh), globe artichokes, green beans, Jerusalem artichokes, kale, kohlrabi, leeks, lemongrass, lettuce (all types e.g. gem, iceberg, round), mangetout, mushrooms, okra, olives, onions (whole, raw or undercooked), pak choi, peas, pickled onions, radishes, rocket, runner beans, salad leaves, salad onions, samphire, savoy cabbage, seaweed, shallots (whole, raw or undercooked), spinach, spring greens, spring onions, sugar snap peas, sweetcorn, sweetheart cabbage, tomatoes (whole with skins and pips), wasabi beans, watercress
Dairy foods / eggs	
Yoghurt or fromage frais (no bits) e.g. Skry®, Petit Filou®, Alpro®, Koko® Soft cheese e.g. Laughing Cow®, Dairylea®, cream cheese, cottage cheese or vegan alternatives Cream, crème fraiche, smooth ice cream, sour cream All types of milk and milk alternatives Smooth scrambled egg (including with added butter and cheese)	Yoghurt with fruit, nuts, or pips in Cheese with fried fruit or nuts Ice cream or sorbet with whole fruit, nuts, seeds, or pips

Puréed egg mayonnaise Butter, margarine, spread, buttermilk Custard	
Meat, fish, meat alternatives and other protein foods	
Puréed meats and gravy Pureed meat alternatives e.g. Quorn®, Beyond Meat®, vegetarian sausages with lots of gravy or sauce Smooth 'scrambled' tofu or blended silken or firm tofu Pureed fish with white, cheese or tomato sauce Puréed fish pie Puréed tuna or salmon mayonnaise Puréed stew or blended casseroles Blended gammon or ham with white or cheese sauce Smooth paté (crab, tuna, mackerel, chicken, liver)	Any non-pureed or non-smooth meat, meat alternatives or fish products Beans e.g. borlotti, cannellini, kidney, soya, baked beans, and broad beans Pulses e.g. lentils, chickpeas, yellow split peas Whole nuts e.g. almonds, cashews, hazelnuts, macadamia, peanuts, pecans, pine nuts, walnuts Seeds e.g. chia, linseeds / flaxseeds, poppy, pumpkin, sesame, sunflower Fish bones and skin, fish in batter or breadcrumbs, fish fingers Convenience items with wholegrains and vegetables e.g. ready meal containing onions and peppers Maca powder, wheatgrass powder Coarse paté made with onions Falafels
Snacks/desserts	
Melt-in-the-mouth crisps e.g. Skips®, Quavers®, Pom Bears®, Pringles®, Walkers® Dips e.g. sour cream, taramasalata, smooth guacamole, cheese dip Smooth milk puddings e.g. plain /	Crisps that do not melt in the mouth e.g. Hula Hoops®, Kettle Chips®, McCoys®, Monster Munch®, Nik Naks®, tortilla chips, Twiglets® Dips with whole tomatoes or onions e.g. salsa, hummus with whole

chocolate custard, rice pudding, semolina, tapioca Smooth dairy free puddings e.g. Alpro® Sponge or other cakes (e.g. madeleines, Battenberg, madeira, mini chocolate rolls, banana bread) blended with chocolate sauce, cream, custard, or ice cream Smooth puddings e.g. blancmange, mousse, Angel Delight®, instant whip, egg custard, crème caramel, Gu® desserts. Dunked biscuits in warm milky drinks e.g. Nice®, malted milk, custard cream, Oreo®, bourbon, ginger nuts Blended apple pie Smooth ice cream, sorbet, mini milk, Magnum® Smooth chocolate Smooth Nutella® or hazelnut spread Smooth nut butter Smooth spreads e.g. Lotus® Biscoff, chocolate spread	chickpeas or onions Bombay mix Cheese straws Unblended dry cakes, cakes with dried fruit and nuts, cakes with wholegrain flour Flapjacks Biscuits with dried fruit or made with wholemeal flour e.g. digestives, Hobnobs® Popcorn Mince pies Toffee, nougat, marshmallows, or chocolate containing these Spreads or jams with whole nuts or seeds Crunchy nut butter
Miscellaneous /flavourings /condiments	
Apple sauce Arrowroot (ground) Baking powder Bicarbonate of soda Bovril Chutney (smooth) Curry paste, smooth tikka, or curry sauce	Candied peel Chutneys with whole pieces Fresh herbs Jam with seeds Lime pickle Marmalade with peel Mincemeat Crunchy nut butters

Cocoa powder Curry paste, smooth tikka, or curry sauce Dried herbs Egg white powder Garlic granules Gelatine Golden syrup Gravy granules Harissa Hemp powder Honey Jam (smooth) and jelly like, redcurrant or mint (smooth) Lemon curd Maple syrup Marmalade (smooth) Marmite® / Vegemite® Mayonnaise, vegan mayonnaise Miso paste Mustard – smooth (Dijon, English, French) Nut butter (smooth) Nutella Nutritional yeast Onion powder Powdered spices Salad cream Salad dressing (smooth) Sauces like, barbeque, brown, harissa, Henderson's relish®, hoisin, horseradish, nasi goreng, soy,	Piccalilli Pickles and relishes Salad dressing Salsas Sweet chilli sauce Wholegrain mustard

sriracha, Tabasco®, tamari, teriyaki, tomato, Worcester Tomato ketchup Treacle Wasabi paste	

During step 3, you can also take any fluids from Step 1 and 2.

If you follow step 3 long-term, you should speak to your dietitian about whether you might need to include a micronutrient supplement to make sure you are meeting your nutritional needs.

Step 4: Very soft low-fibre foods

Once you are consistently tolerating step 3 without significant symptoms, your doctor or dietitian may recommend you progress to step 4.

During this stage, you can eat anything from steps 1, 2 and 3 as well as those listed below.

During this stage, all foods need to be:

- Low fibre
- Soft, moist, sloppy, or easy to break down in the mouth

At this stage, you should only have 1 portion of fruit and 1 portion of vegetables (from the suitable options) per day.

You may also be able to include white bread and white bread products within step 4. Your dietitian can advise you on this and help to assess your tolerance.

Tips:

- Use sauces, gravy, cream, butter, or custard to keep things moist
- Foods can be softened by chopping, mincing, and mashing
- Small sips of drink can help with swallowing

Allowed foods	Foods to avoid
Carbohydrates	
Cereal soaked in milk e.g. cornflakes or Rice Krispies® Ready Brek® White bread (if well tolerated) including wraps, bagels, naan, sourdough, baguettes Bread products (if well tolerated) e.g. brioche, croissants, crumpets,	Cereals with wholemeal, wholegrain and bran e.g. All Bran®, Branflakes®, Cheerios®, Special K®, Weetbix® Cereals with dried fruit, seeds or nuts e.g. Fruit n Fibre®, granola, museli, sultana bran, Crunchy Nut Cornflakes® Breakfast or cereal bars e.g.

pancakes, muffins (without dried fruit), plain or cheese scone, scotch pancakes Flours that are low in fibre (to make sauces, bread, or cakes) e.g. buckwheat, cornflake, cornmeal, gram flour, potato flour, rice flour, white flour Melt-in-the-mouth crackers e.g. Carrs®, Ritz®, Tuc®, Cornish wafers, crisp bakes, French or Melba toast, breadsticks Buckwheat, bulgur wheat, pearl barley, quinoa, polenta Pastry, Yorkshire pudding	Belvita®, Nutrigrain®, Nature Valley®, Eat Natural®, Nakd® Porridge and rolled oats Wholemeal, brown or granary bread including bagels, pitta, rolls, wraps Hot cross buns, fruit scones Flours high in fibre e.g. bran flour, chickpea flour, granary flour, wholemeal flour, wholegrain flour Crackers made with wholemeal that do not melt in the mouth e.g. corn cakes, cream crackers, oat cakes, rice cakes, Ryvita®, water biscuits Amaranth, farro, freekeh Stuffing
Mashed / creamed potatoes or sweet potatoes (no skin), hash browns without onions Well-cooked pasta shapes or gnocchi with plenty of sauce (e.g. cheese, tomato, bolognese – made with passata), macaroni cheese, couscous White rice e.g. long-grain, risotto (arborio), paella, jasmine, basmati with lots of sauce Noodles e.g. egg, rice, vermicelli, udon, kabuto, ramen, soba with lots of sauce or soup / broth	Potato skin, hash browns with onions, waffles Wholegrain pasta (all shapes) Brown and wild rice Wholewheat noodles
Fruits and vegetables	
Soft fruits e.g. apples, apricots, bananas, guava, mango, melon, nectarine, papaya, pears, peaches, plums, watermelon (peeled and de-seeded)	Ackee, blackberries, blackcurrants, blueberries, cherries, clementines, coconut, cranberries (fresh and dried), dates, dried apricots, figs, grapefruit, grapes, jackfruit, kiwi, longan, lychee, mandarins, oranges,

Well-cooked vegetables e.g. aubergine, avocado, butternut squash, cabbage, carrots, celeriac, courgette, cucumber, garlic, kimchi, marrow, onion, parsnips, patty pan, peppers, pumpkin, sauerkraut, shallots, swede, Swiss chard (leaves only), tomatoes, turnips (all peeled, deseeded) Well-cooked broccoli and cauliflower florets (no stalks) Garlic, ginger, chilli, horseradish, lemongrass, wasabi paste / purée Tomato passata	passion fruit, pineapple, pomegranate, prunes, raisins, raspberries, redcurrants, rhubarb, satsumas, strawberries Asparagus, baby corn, bean sprouts beetroot, bok choi, broad beans, brussels sprouts, cavolo nero, celery, chicory, chilli (fresh or dried), coleslaw, edamame, endive, fennel, French beans, garlic (whole, raw or undercooked), gherkins, ginger (fresh), globe artichokes, green beans, Jerusalem artichokes, kale, kohlrabi, leeks, lemongrass, lettuce (all types e.g. gem, iceberg, round), mangetout, mushrooms, okra, olives, onions (whole, raw or undercooked), pak choi, peas, pickled onions, radishes, rocket, runner beans, salad leaves, salad onions, samphire, savoy cabbage, seaweed, shallots (whole, raw or undercooked), spinach, spring greens, spring onions, sugar snap peas, sweetcorn, sweetheart cabbage, tomatoes (whole with skins and pips), wasabi beans, watercress
Dairy foods /eggs	
Yoghurt or fromage frais (no bits) e.g. Skry®, Petit Filou®, Alpro®, Koko® All cheese e.g. Laughing Cow®, Dairylea®, cream cheese, cottage cheese or vegan alternatives Cream, crème fraiche, ice cream, sour cream, buttermilk All types of milk or milk alternatives	Yoghurt with whole fruit or nuts Cheese with dried fruit or nuts Ice cream with whole fruit, seeds, or nuts

Omelette, scrambled, poached or soft, boiled eggs, egg mayonnaise Soufflés e.g. cheese, salmon Butter, margarine, spread, Custard	
Meat, fish, meat alternatives and other protein-foods	
Minced beef, lamb, turkey, chicken, pork, or meat alternatives e.g. Quorn® with gravy or sauce Cottage pie or shepherd's pie with plenty of gravy Corned beef hash with plenty of gravy Stews, Lancashire hotpot, meat, casseroles (with tender meat) Meatballs with plenty of sauce Meat alternatives e.g. Beyond Meat® or Quorn® vegetarian sausages / meatballs or chicken alternatives with gravy or sauce Smooth 'scrambled' tofu or blended silken or firm tofu Fillet of fish or poached fish with white, cheese or tomato sauce (check for bones) Fish pie, fish mornay Tinned fish (e.g. tuna or salmon) with plenty of mayonnaise Flaked crab meat, prawns in a cocktail sauce Prawns in a cocktail sauce Smooth paté (crab, tuna, mackerel, chicken, liver)	Beans e.g. borlotti, cannellini, kidney, soya, baked beans, and broad beans Pulses e.g. lentils, chickpeas, yellow split peas Nuts e.g. almonds, cashews, hazelnuts, macadamia, peanuts, pecans, pinenuts, walnuts Seeds e.g. chia, linseeds / flaxseeds, poppy, pumpkin, sesame, sunflower Fish bones and skin, fish in batter or breadcrumbs, fish fingers Convenience items with wholegrains and vegetables e.g. ready meal containing onions and peppers Maca powder, wheatgrass powder Coarse paté made with onions Falafels

Snacks / desserts	
Melt-in-the-mouth crisps e.g. Skips®, Quavers®, Pom Bears®, Pringles®, Walkers® Dips e.g. sour cream, taramasalata, smooth guacamole, cheese dip Plain breadsticks, Melba, or French toast Plain poppadoms Sponge or other cakes (e.g. madeleines, Battenberg, madeira, mini chocolate rolls, banana bread) softened with chocolate sauce, cream, custard, or ice cream Apple crumble (no oats or dried fruit) with cream, yoghurt, ice cream or custard Dunked biscuits in warm milky drinks e.g. Nice®, malted milk, custard cream, Oreo®, bourbon, ginger nuts Milk puddings e.g. plain / chocolate custard, rice pudding, semolina, tapioca Smooth puddings e.g. blancmange, mousse, Angel Delight®, instant whip, egg custard, crème caramel, Gu® desserts. Smooth dairy free puddings e.g. Alpro® soya desserts Smooth chocolate bars Smooth Nutella® or hazelnut spread, smooth jam Smooth nut butter e.g. almond butter or peanut butter Smooth spreads e.g. Lotus® Biscoff,	Crisps that do not melt in the mouth e.g. Hula Hoops®, Kettle Chips®, McCoys®, Monster Munch®, Nik Naks®, tortilla chips, Twiglets® Dips with whole tomatoes or onions e.g. salsa, hummus with whole chickpeas or onions Bombay mix Cheese straw Cakes with dried fruit and nuts, cakes with wholegrain flour Flapjacks Biscuits with dried fruit or made with wholemeal flour e.g. digestives, Hobnobs® Popcorn Mince pies Toffee, nougat, marshmallows, or chocolate containing these Spreads or jams with whole nuts or seeds Crunchy nut butter

chocolate spread Smooth ice cream, sorbet, mini milk, Magnum®	
Miscellaneous / flavourings / condiments	
Apple sauce Arrowroot (ground) Baking powder Bicarbonate of soda Bovril Chutney (smooth) Curry paste, smooth tikka, or curry sauce Cocoa powder Dried herbs Egg white powder Garlic granules Gelatine Golden syrup Gravy granules Harissa Hemp powder Honey Jam (smooth) and jelly e.g. redcurrant or mint (smooth) Lemon curd Maple syrup Marmalade (smooth) Marmite® / Vegemite® Mayonnaise, vegan mayonnaise Miso paste Mustard – smooth (Dijon, English,	Candied peel Chutneys with whole pieces Fresh herbs Jam with seeds Lime pickle Marmalade with peel Mincemeat Crunchy nut butters Piccalilli Pickles and relishes Salad dressing Salsas Sweet chilli sauce Wholegrain mustard

French) Nut butter (smooth) Nutella Nutritional yeast Onion powder Powdered spices Salad cream Salad dressing (smooth) Sauces e.g. barbeque, brown, harissa, Henderson's relish®, hoisin, horseradish, nasi goreng, soy, sriracha, Tabasco®, tamari, teriyaki, tomato, Worcester Tomato ketchup Treacle Wasabi paste	

You should continue with step 4 of the bowel obstruction diet unless told otherwise by your dietitian or doctor. Your dietitian will provide support and monitor your tolerance. They will advise whether you should follow step 4 long-term or if you may be able to progress beyond this.

If you need to follow step 4 long-term, your dietitian can advise whether you might need to include a micronutrient supplement to make sure you are meeting your nutritional needs.

Contacts

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