



Water Soluble Fiber – Center for Colorectal & Pelvic Reconstruction (CCPR)

Water soluble fiber is commonly used with CCPR medical regimens. This fiber will help maintain a good balance between stool frequency and consistency to help your child be continent. Soluble fiber is different from fiber found in the food we eat. When mixed with a liquid, soluble fiber dissolves to make a gel. For bowel management, it bulks up the stool as it moves through the colon. It can be found in the form of supplements like Citrucel, Metamucil, pectin and Nutrisource®.

How much soluble fiber to take

Depending on your child's condition, the amount of soluble fiber he or she takes will be different. Your practitioner will instruct you on how much to take. There are many different kinds of soluble fiber that can be found online, at the pharmacy, or at the store (see chart on next page). It is important to get the sugar-free versions of these. Foods and supplements high in sugar can make stools looser and cause a reverse effect. These fibers are not usually covered by insurance. If you cannot find or afford the fiber, please let the CCPR nursing team know.

How to take soluble fiber

Many families say taking fiber can be hard for their child. Get creative! Here are some tips:

- Mix it in any liquid, like water or juice, or in some foods, like applesauce or smoothies.
- Try different brands and flavors of powders.
- Visit brand websites for recipe ideas (www.metamucil.com/en-us/articles/metamucil-recipes).
- DO NOT let fiber sit out for a long time before drinking it. It will get thick like Jell-O®.
- DO NOT use fiber gummies. They are not a good source of soluble fiber.
- Reach out to other families for tips and tricks that have worked for their children.

Dosing and brands

Your child's fiber dose: _____ grams _____ times per day

Type	Dosage and Use	Where to find it
Pectin (Sure-Jell®)	1 Tablespoon = 2 gram of fiber	Found in the grocery store in the jelly/canning section or online at www.pacificpectin.com Get the sugar-free version.
Citrucel®	<u>Powder</u> 1 Tablespoon = 2 grams of fiber <u>Capsule</u> 2 capsules = 1 gram of fiber	Found in the pharmacy section of the store or online at www.citrucel.com You can use the generic or the brand name. Get the sugar-free version.
Metamucil® (psyllium husk)	<u>Powder</u> 1 Teaspoon = 2 grams of fiber <u>Capsule</u> 5 capsules = 2 grams of fiber <u>Wafer</u> 1 packet (2 wafers) = 3 grams of fiber	Found in the pharmacy section of the store or online at www.metamucil.com Get the sugar-free version.
Nutrisource® (guar gum)	1 Tablespoon (scoop)= 3 grams of fiber <i>*Can be sprinkled on food or mixed in drinks.</i>	Found in the pharmacy section of the store, online, or through homecare companies.

If you have any questions about your child's regimen, please contact CCPR at 614-722-4086 or at CCPRoncall@nationwidechildrens.org.