Division of Colorectal and Pelvic Reconstruction

WATER SOLUBLE FIBER

Water Soluble Fiber is used to help you stool (poop) regularly and makes your stool the right consistency. Not all fiber works the same in your body. Soluble fiber is different from insoluble fiber. We use **soluble** fiber to help your child. When mixed with a liquid, soluble fiber turns into gel. This makes the stool thicker as it moves through your child's body, which supports your child's continence. You can find soluble fiber in supplements like psyllium husk (Metamucil), methylcellulose (Citrucel), and pectin (Sure-Jell®).

HOW MUCH SOLUBLE FIBER TO TAKE

Depending on your child's needs, the amount of soluble fiber he or she takes will be different. Our team will tell you how much to give your child. There are many kinds of soluble fiber available, and it is important to get sugar-free versions of fiber. Foods and fiber supplements high in sugar can make stools softer and lead to diarrhea. The chart on the next page will show you the fibers we recommend. Many fibers are not covered by insurance. If you cannot find or afford the fiber, please let the nursing team know.

HOW TO TAKE SOLUBLE FIBER

Many families have shared that 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 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 or 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

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DOSING AND BRANDS

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

Type	Dosage and Use	Where to Find It
Plain Psyllium Husk Powder	Powder: 1 Teaspoon = 2 grams of fiber	You can purchase plain psyllium husk powder and add it to foods. It can be found on **Amazon** or found in the pharmacy section of the store.
Psyllium Husk (Metamucil®)	Powder: 1 Teaspoon = 2 grams of fiber Capsule: 5 capsules = 2 grams of fiber Wafer: 1 packet (2 wafers) = 3 grams of soluble fiber	Metamucil products can be found at most stores or online at **www.metamucil.com**. You can use generic or brand name. Get the sugar-free version.
Methylcellulose Citrucel®	Powder: 1 Tablespoon = 2 grams of fiber Capsule: 2 capsules = 1 gram of fiber	Found in the pharmacy section of the store or online at **www.citrucel.com**. You can use generic or brand name. Get the sugar-free version.
Pectin (Sure-Jell®)	1 Tablespoon = 2 grams of fiber	Found in the grocery store in the jelly/canning section or online at **www.pacificpectin.com.** Get the sugar-free version.

If you are interested in viewing our educational videos or accessing our educational resources, please visit: **childrensnational.org/colorectaleducation**

For questions or concerns, please contact the Colorectal Clinical Team at:
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