



**GastroDoxs**  
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# Ileal Stricture

**A Practical Guide For Patients**

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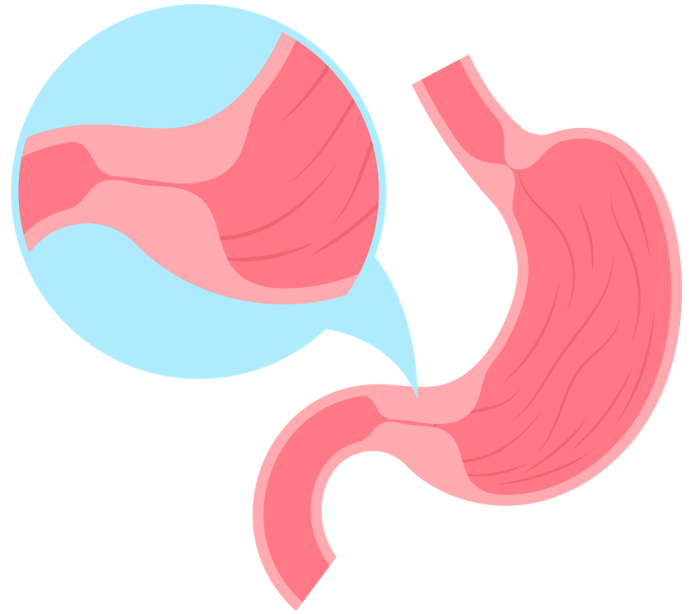
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# Introduction: Ileal Stricture

An ileal stricture is a narrowing of the ileum (the last part of the small intestine) that restricts the passage of food and digestive contents. It often develops as a complication of chronic inflammation, scar tissue, or certain gastrointestinal conditions such as Crohn's disease. Strictures may cause abdominal pain, bloating, and bowel obstruction if untreated. Early diagnosis and treatment are crucial to maintain gut health and prevent serious complications.



## Key Takeaways

- Narrowing of the ileum due to scarring or inflammation.
- Commonly associated with Crohn's disease.
- Can cause abdominal pain, bloating, and obstruction.
- Diagnosed with imaging and endoscopy.
- Managed with medications, endoscopic dilation, or surgery.



# What Causes Ileal Stricture?

## Known Causes

The most common cause is Crohn's disease, where repeated inflammation leads to scar tissue formation and narrowing. Other causes include infections, prior abdominal surgery, radiation therapy, ischemia, or congenital conditions.



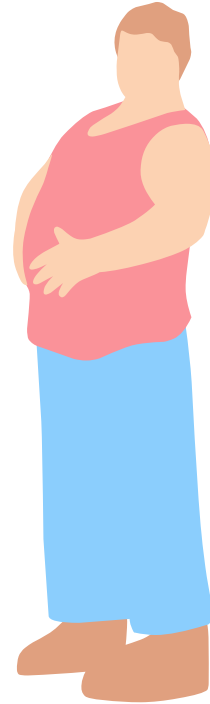
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# Common **Signs & Symptoms**

Patients may experience abdominal pain, cramping, bloating, nausea, vomiting, constipation, and unexplained weight loss. Severe strictures can cause bowel obstruction.

## Core Symptoms Include:

- Abdominal pain and cramping
- Bloating and fullness
- Constipation
- Nausea and vomiting
- Weight loss



## Severe cases can also cause:



- Complete bowel obstruction
- Severe malnutrition
- Dehydration
- Perforation of the intestine
- Emergency hospitalization



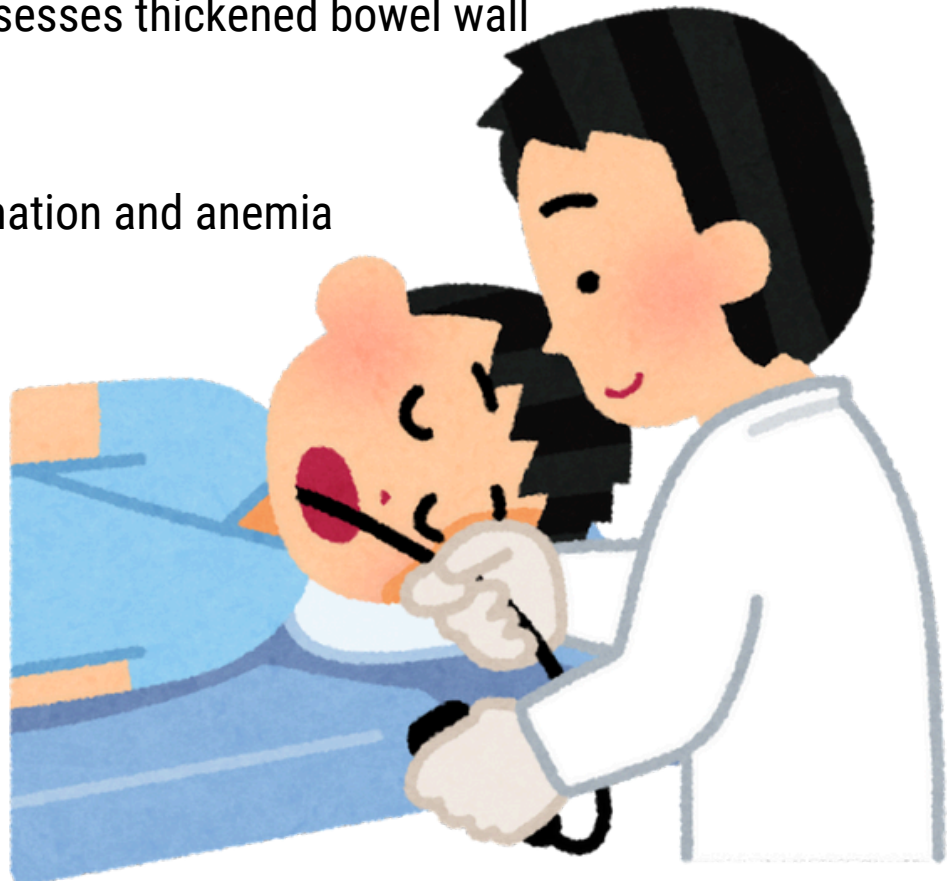
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# Diagnosis & Medical Testing

Diagnosis is made using imaging, endoscopy, and lab tests to identify narrowing, inflammation, and complications such as obstruction or bleeding.

## Diagnostic Tools

- **CT or MRI enterography** – Shows small bowel narrowing
- **Endoscopy/colonoscopy** – Visualizes strictures
- **Barium follow-through X-ray** – Detects narrowed segments
- **Ultrasound** – Assesses thickened bowel wall
- **Blood tests** –  
Evaluate inflammation and anemia



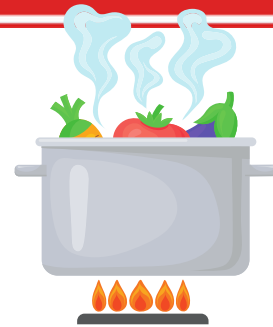
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# Diet

A low-residue diet reduces strain on the bowel. Soft, easily digestible foods are preferred, while high-fiber and bulky foods should be avoided during flare-ups.

## Key Insights

- **Eat soft, cooked vegetables**
- **Avoid raw fruits and high-fiber foods**
- **Choose low-residue meals**
- **Stay hydrated**
- **Eat smaller, frequent meals**
- **Limit fatty and greasy foods**



# Medications & Treatment Options

Medications reduce inflammation and symptoms but may not reverse scarring. Treatment includes anti-inflammatory drugs, steroids, and biologic therapy.

## Treatment Options

- **Corticosteroids** – Reduce inflammation
- **Immunosuppressants** – Control immune response
- **Biologic agents** – Target inflammatory pathways (e.g., anti-TNF drugs)
- **Pain relief medications**
- **Nutritional supplements** – Prevent deficiencies



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# Advanced Therapies & Procedures

Severe or recurrent strictures may need endoscopic balloon dilation or surgery to remove or bypass the narrowed bowel section.

## Therapy Options

- Endoscopic balloon dilation
- Strictureplasty (widening without removal)
- Bowel resection surgery
- Stent placement (rare)
- Post-surgery nutritional therapy



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# Coping With **Ileal Stricture**

Coping includes dietary adjustments, regular medical follow-ups, managing Crohn's disease or underlying causes, and recognizing early warning signs of obstruction.

## Practical Strategies

- Follow prescribed diet
- Take medications as directed
- Track symptoms in a journal
- Avoid trigger foods
- Manage stress
- Keep regular gastroenterology appointments



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# FAQS About Ileal Stricture



## **Q1: Is an ileal stricture always caused by Crohn's disease?**

**A:** No, but Crohn's is the most common cause. Other conditions like surgery, infections, or radiation can also cause strictures.

## **Q2: Can strictures heal on their own?**

**A:** Inflammatory strictures may improve with treatment, but fibrotic (scarred) strictures usually require surgery.

## **Q3: What foods should I avoid?**

**A:** High-fiber, raw, and bulky foods that may block the narrowed bowel should be avoided.

## **Q4: Is surgery always necessary?**

**A:** No, many strictures can be managed with medication and endoscopic dilation before surgery is considered.



# Take **Action**

If you experience **Ileal Stricture**, don't ignore them. Early diagnosis and treatment can prevent complications. Schedule a consultation with GastroDoxs for expert guidance on managing your digestive health.

Visit [GastroDoxs.com](https://GastroDoxs.com) to schedule an appointment and access more resources on digestive health.

**Your health matters  
take the next step  
today!**

**SCHEDULE AN APPOINTMENT**



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