

Cautions

- Patients with diverticulitis are advised to take the ground form of golden linseeds for ease of digestion. Whole golden linseeds may be ground in a coffee grinder.
- Linseeds can lower blood sugar levels so diabetic patients who already take medication to lower their blood sugar may be able to take linseed, but with medical supervision.

Golden Linseed (Flax Seed)

Service User Information Leaflet

Produced by: Pelvic Health Physiotherapy Service

Date of issue: Sep 2020 Review Date: Sep 2022

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use Audio formats.

NHS Fife SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats phone 01592 729130 or contact: fife.equalityandhumanrights@nhs.scot.

What are Golden Linseeds?

- They are a superfood which is high in fibre.
- They are gluten and wheat free
- They may be bought from supermarkets and health food shops.
- They are available whole, split or ground.
- Also known as flax seeds.
- Do not use the dark brown linseeds as they are coarser and do not offer the same positive benefits.

How to take them

- The seeds or powder can be sprinkled directly over food such as breakfast cereal, sandwiches, salads, yoghurt or smoothies. Take a glass of water when you take the linseeds this way.
- Alternatively, they may be soaked in water and left overnight before adding to fruit juice, yoghurt, porridge etc
- Start by taking just 2 teaspoons of linseed per day. This may be increased gradually as needed. You can take up to 3 tablespoons per day.
- Most people get a good result with 1-2 tablespoons a day.
- It is common to see linseeds in the stool. This is normal.

How linseeds can help

- Promotes bowel movement and reduces constipation by increasing the water content and bulk of stools.
- Gentle, natural and effective laxative.
- Can also be used to manage irritable bowel and reduce bloating.
- Stabilising effect on oestrogen levels so can be helpful for symptoms of the menopause.

Linseeds need fluid to work properly. It is important to drink about 2 litres of fluid in a day. Too little fluid can cause constipation.

Who should not take linseed?

- Linseed is not recommended during pregnancy or when breast feeding.
- Patients who take blood thinning medications such as Warfarin, Aspirin or Clopidogrel are not advised to take linseeds as linseed oil may have an effect on the blood's ability to clot.