

Diarrhea Management

What is diarrhea?

Do you have bowel movements more often than normal? Are they soft, loose or watery? Then you may have diarrhea.

Call your doctor or nurse if:

- You feel dizzy
- You have a fever of 100.5° F (38° C) or higher
- You have diarrhea and cramps for more than a day
- Your rectal area is sore or bleeds

Do these things to feel better:

Eat small meals that are easy to digest.

- Eat 5 or 6 small meals each day, instead of 3 big meals.

CHOOSE FOODS FROM THIS LIST

Drink more liquids each day.

- Keep in mind that drinking more won't stop the diarrhea, but it will help replace fluids you are losing.
- Most people who have diarrhea need to drink 8 to 12 cups of liquid every day.
- Clear broth, gelatin, and Pedialyte® are good choices for most people.

Check with your doctor or nurse before taking medicine for diarrhea.

These foods and drinks may help if you have diarrhea:

Soups (clear liquids)

Clear broth, such as chicken, vegetable, or beef

Drinks (clear liquids)

Clear soda, such as ginger ale

Cranberry or grape juice

Oral rehydration drinks, such as Pedialyte®, Tea (without caffeine)

Water

Meals and snacks

Applesauce

Bananas

Crackers

Cream of wheat or rice cereal

Eggs

Gelatin (Jell-O®)

Meats, such as chicken, fish, or turkey — broiled or baked, without the skin

Noodles

Oatmeal

Peanut butter that is creamy or smooth

Potatoes—boiled, without the skin

White rice

White toast

Most canned or cooked fruits and vegetables without seeds or skins are easy on your stomach.

Bananas, Rice (white), Applesauce, and Toast (white) are good foods to eat if your diarrhea is severe. This is called the BRAT diet.

Diarrhea Management

Consider avoiding these foods while experiencing diarrhea:

- High-fiber foods such as oatmeal, whole-wheat bread, granola, and bran cereals.
- Milk products cheese, and sour cream unless they are low lactose or lactose-free
- Greasy, fatty, spicy, or fried foods
- Raw vegetables and fruit. Most canned fruits and vegetables are okay. • Legumes, celery, and corn
- Foods that cause gas, such as broccoli and cabbage.
- Nuts and beans
- Food with caffeine, like chocolate



Stay away from these drinks:

- Beer, wine, and other drinks with alcohol in them
- Caffeine drinks like cola and some soft drinks, coffee, black tea and chocolate drinks
- Milk and drinks made with milk unless they are low lactose or lactose free
- High-sugar drinks such as juice and regular soda
- Very hot or very cold drinks



**Clean your rectal area with warm water and a baby-wipe. Keep the area dry.
Ask about creams that can help.**

Questions to ask your doctor, nurse or nutritionist:

1. What problems should I call you about?
2. What medicine is okay for me to take?
3. How much liquid should I drink each day?
4. What are oral rehydration drinks?
5. Can you advise me on additional foods I can eat?
6. What is a sitz bath? How could these help me?

For more information and helpful videos, visit echoassociates.org/education

Source: National Cancer Institute

