

ORAL CHEMOTHERAPY EDUCATION



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DIARRHEA

Diarrhea is when your bowel movements become more frequent and are watery, softer, or looser than normal.

To minimize the possibility of diarrhea, do the following:

- Avoid spicy, greasy, or fried foods.
- Avoid eating a lot of raw vegetables or fruits.
- Avoid high-fiber foods, such as whole wheat breads, granola, and bran.
- Avoid gas-forming foods, such as cabbage and broccoli.
- Avoid lactose-containing products, such as milk and dairy products.
- Avoid beverages with caffeine and alcohol.

To help you feel better, do the following:

- Drink plenty of clear fluids, at least 8–10 glasses per day. Examples include water, sports drinks, broth, weak decaffeinated teas, decaffeinated soft drinks, clear juices, and gelatin.
- Eat bland foods, such as bananas, applesauce, rice, noodles, white bread, toast, and chicken (without the skin).

You may take over-the-counter medication for your diarrhea, as instructed by your healthcare provider, including the following:

- Loperamide; take 4 mg (2 tablets) for 1 dose, then take 1 tablet by mouth every 4 hours OR 1 tablet by mouth after each loose stool. Do not take more than 8 tablets in 24 hours.

Call your care team if you experience any of the following symptoms:

- You have 4 more than your normal number of bowel movements in 1 day.
- You have diarrhea or cramps for more than 1 day.
- Your rectal area is sore or bleeding.
- You feel dizzy.
- You have a fever of 100.4°F or higher.

Additional instructions

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