

Diarrhea (loose or watery stool)

腹瀉 (糞便稀散或成水狀)

Diarrhea is:

- loose or watery stools
- more than your usual number of bowel movements in a day.

Radiation to the abdomen and chemotherapy can cause diarrhea.

Diarrhea can cause dehydration which means extreme loss of body fluids. This can be very serious if left untreated.

Call your nurse or doctor if you have diarrhea and:

- feel dizzy
- have a fever of 38°C or 100.4°F
- have blood in your diarrhea
- can not drink fluids and keep them down
- have dark yellow urine
- have a sore or bleeding rectal area
- have more than two loose watery stools per day
- have abdominal pain

Your nurse or doctor will suggest you take medication such as Immodium to help with diarrhea. Follow the package instructions or take as recommended by your doctor.

腹瀉是:

- 糞便稀散或成水狀。
- 一天內排便的次數比平常多。

接受腹部放射療法及化學療法可引致腹瀉。

腹瀉可使身體脫水，即是身體的水份大量流失。如果不治療可引致嚴重後果。

如果你有腹瀉及有以下情況，致電你的護士或醫生:

- 感覺頭暈
- 發燒，體溫達攝氏 38°C 或華氏 100°F
- 糞便有血
- 不能喝水或其他飲料及嘔吐(不能將水份留在體內)
- 小便深黃色
- 肛門部位出現潰瘍或流血
- 一天內排出稀散水狀糞便兩次或以上
- 腹部疼痛

你的護士或醫生會建議你使用止瀉藥物，例如:

Immodium。按照包裝盒上的指示使用或由醫生建議服用藥量。

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Tips to help you with diarrhea:

- Sip fluids slowly and try to drink a variety of fluids over the day to prevent dehydration.
- Eat three to five small meals per day. Try bananas, white rice, applesauce and white toast as they are easy to digest.
- Avoid caffeine, alcohol, greasy foods and milk products.
- Limit high fiber foods like whole grain breads, cereals, fruits and vegetables, nuts and seeds.

When the diarrhea stops start your usual diet slowly.

對腹瀉有幫助的提示:

- 整天慢慢啜飲流質及飲各種不同的飲料以預防身體脫水。
- 每天進食三至五次細小餐。嘗試進食香蕉，白飯，蘋果醬及烤白麵包，因這些食物容易消化。
- 避免含咖啡因，酒精，油膩食物及奶類食品。
- 限制食含高纖維食物，例如：全穀麥麵包，麥片(cereal)，水果及蔬菜，果仁及瓜子類。

腹瀉停止後才可慢慢地開始進食你日常的食物。