

Diarrhea (loose or watery stool)

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.

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.