

## 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.

## Zhaabokaawiziwin

Zhaabokaawiziwin owe:

- nibiiwaagamin gimiiiziwin
- nawach waawiiba gizaaga'am

Zhaabwaatenigoowin gimisadaang zhigwa odaapinaman amogowin mashkiki gidaa-zhaabokaawiz.

Zhaabokaawiziwin owanitoon awiya onibiim wiiyawing. Awiya oada-gichi-aakoziishkaagon giishpin gegoo izhichigesig.

### **Ganoozh gimashkikiiwikwem gemaa gimashkikiwininiim giishpin zhaabokaawiziyan\_ zhigwa:**

- giiwashkweyaobandam
- giishpin 38°C gemaa 100. 4°F apiichi gizhiizoyan
- miskwiiwang gimiiiziwin
- bwaanawitooyan gegoo ji-minikweyan
- makade-ozaawaagaming gzhigiwin
- omigiiyan gemaa miskwiiwiyan gidiyaang
- giishpin niizh gemaa awashime nibiiwang gizaaga'amoowin
- wiisagendaman gimisad

Giga-wiindamaag gimashkikiiwikwem gemaa gimashkikiwininiim ji-odaapinaman Immodium ji-wiiji'igooyan. Odaapinan aaniin ezhibii'igaadeg gemaa mashkikiwinini giga-wiindamaag.

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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.

## Zhaabokaawiziwin

### Aaniin ji-izhichigeyan zhaabokaawiziyan:

- Bebangii minikwen gegoo dago bebakaan gegoon maminikwen endaso-giizhig ji-giishkaabaagwesiwan.
- Nising ako naaning bangii waawiisnin endaso-giizhig. Goji eshkaniminag, waabimanoomin, mishiiminag zhigwawindwaa zhigwa ozaawikazond bakwezhigan, nawach wendad ji-miijiyan ono.
- Gego odaapinangen caffeine, minikwewin, gegoo boozaag gemaa gegoo doodooshaaboong wenji-ozhichigaadeg.
- Bangii eta miijin wezaawizid bakwezhigan, gigizhebaa wiisiniwin, zhiiwijiiminag, gitigaanensan, bagaanag zhigwa getigewinensan. Booni-zhaabokaawiziyan, na'egaach igo miijin netaa-inanjigeyan.