Diarrhea can be one of the side-effects of treatment. If you have diarrhea (frequent and loose bowel movements) for more than 2 days, contact a nurse at the Cancer Centre.

The nurse along with a physician may suggest that you take medications to control the diarrhea. Follow their directions as prescribed.

In addition, you may find the following nutrition tips helpful:

- **Drink at least 1.5 - 2 litres (6-8 cups) of a variety of fluids daily to prevent dehydration.** It may be beneficial to sip fluids slowly. Examples of fluids are water, juice, liquid nutritional drinks such as Ensure®, sports drinks, soups and herbal tea. **Limit caffeine or alcohol containing drinks.**

- **Eat small, frequent meals** and snacks. Try to eat every 2-3 hours.

- **Limit high fibre foods** such as whole grain breads and high fibre cereals that have bran, nuts and seeds.

- **Remove skins, seeds and membranes** from fruits and vegetables.

- **Limit corn, broccoli, beans, peas, green leafy vegetables, prunes, berries, dried fruit, beans (baked, kidney), chickpeas and lentils.**

- **Avoid deep fried, greasy foods.**

- **If you have severe diarrhea,** try avoiding milk and milk products. Lactaid® milk or milk substitutes such as soy beverages may be better tolerated.

- **Once the diarrhea is resolved,** re-introduce the foods you have eliminated one at a time.

**If your symptoms are not well-controlled after following the above guidelines, you are losing weight and your appetite is decreased, ask to see a dietitian at your centre.**

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