

Food Ideas to Help Manage Diarrhea

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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