

DIARRHOEA

Managing Chemotherapy Side Effects.

What is diarrhoea?

Do you have bowel movements more often than normal? Are they soft, loose or watery? Then you may have diarrhoea.



Call your doctor or nurse if:

You feel dizzy.

You have a fever of 100.5° F (38° C) or higher.

You have diarrhoea and cramps for more than a day.

Your rectal area is sore or bleeds.

Do these things to feel better:

Eat small meals that are easy to digest.

Eat 5 or 6 small meals each day, instead of 3 big meals.

Drink more liquids each day.

Keep in mind that drinking more won't stop the diarrhoea, but it will help replace fluids you are losing.

Most people who have diarrhoea need to drink 8 to 12 cups of liquid every day.

Clear broth, gelatin, and Electral/ Gatorade are good choices for most people.

Stay away from these foods:

Some foods can make diarrhoea worse.

Don't have dairy products, such as milk, cheese, and sour cream. You may want to try "lactose-free" products instead.

Don't eat spicy, greasy, or fried foods.

Don't have foods that cause gas, such as broccoli and cabbage.

Don't eat foods that are high in fibre, such as whole-wheat breads, granola, and bran cereals.

Don't eat raw fruits or vegetables. Most canned fruits and vegetables are okay.

Stay away from these drinks:

Some drinks can make diarrhoea worse.

Don't have beer, wine, and other drinks with alcohol in them.

Don't have caffeine drinks like cola, coffee, and black tea.

Bananas, Rice (white), Applesauce, and Toast (white) are good foods to eat if your diarrhoea is severe.

This is called the BRAT diet.

These foods and drinks may help if you have diarrhoea:

Soups (clear liquids)

Clear broth, such as chicken, vegetable, or beef

Drinks (clear liquids)

Clear soda, such as ginger ale
Cranberry or grape juice
Oral rehydration drinks, such as Electral/ Gatorade®
Tea (without caffeine)
Water or ORS Solution.

Meals and snacks

Applesauce, Bananas
Crackers
Cream of wheat or rice cereal
Eggs
Gelatin (Jelly®)
Meats, such as chicken or fish broiled or baked, without the skin.
Noodles
Oatmeal.
Peanut butter that is creamy or smooth.



Clean your rectal area with warm water and a baby-wipe.

Keep the area dry.

Medications that can be prescribed to you if you have diarrhoea:

- 1. Anti Motility agents: Lomotil /Immodium.**
- 2. Anti Secretory agents: Reeditil.**
- 3. Antibiotics: Ciprofloxacin, Metronidazole, etc.**
- 4. Probiotics: Lactobacillus preparations.**

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