

Diarrhea

Very loose or liquid stools (more than 3 in a day) which are caused by irritation of the lining of the stomach and intestines.

Self-care measures:

- Drink 8-10 glasses of fluid daily (water, Gatorade/Powerade, Pedialyte); this will decrease your chances of becoming dehydrated.
- Keep track of the number of stools you have in one day and what the consistency (soft or watery).
- Eliminate milk and milk products from your diet and minimize fresh fruits and vegetables while diarrhea persists.
- Follow a low fiber diet (white bread, bananas, eggs, mashed potatoes).
- Use non-prescription medication (Imodium AD)
 - 1st dose: take 2 capsules (4mg)
 - During the day: take 1 capsule (2mg) every 2 hours, DO NOT exceed more than 8 capsules in 24 hours.
 - During the night: take 2 capsules (4mg) at bedtime and every 4 hours until morning, DO NOT exceed more than 8 capsules in 24 hours.
 - STOP Imodium when you have not had a bowel movement for at least 12 hours.
- Try a clear liquid diet for 24 hours to give the bowels a rest (broth, popsicles)
- Keep rectal area clean and dry; this will help decrease skin irritation. Do not use rectal suppositories.
- Applying a warm cloth to the abdominal area may alleviate cramping.

Things to avoid:

- Foods that contain fiber and are known to be gassy, (e.g. cabbage, broccoli, bran, beans, fruits/vegetables, whole grains)
- Foods and drinks that contain caffeine (coffee, tea, cola) as this will stimulate the bowel.
- Milk products
- Alcohol and tobacco
- Fried and/or spicy foods

Contact the clinic if you have:

- 4 or more loose, watery stools in 24 hours.
- Black, tarry stools.
- Diarrhea after a maximum of 2 days on a low fiber diet.
- Diarrhea after using Imodium around the clock for 24 hours.
- Fever > 100.5