



# Tips For Those Experiencing Diarrhea

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## Drink plenty of fluids to prevent dehydration

- At least 8 cups of fluid per day
- Add an additional 1 cup of fluid for each loose bowel movement
- Hydrating beverages:
  - Water, broth, soups, fruit juice without pulp
  - Gatorade, Pedalyte, Rehydralyte, Oral Rehydration Solution (ORS)



## Decrease intestinal movement by avoiding

- High-fiber foods
  - Raw fruits and vegetables
    - *besides bananas, melons, and potatoes without skins*
  - Nuts and seeds
  - Beans and legumes
  - Whole grains
    - Whole wheat bread
    - Whole wheat pasta
    - Brown rice
    - Quinoa
    - Farro
    - Bran cereals

- High-fat foods
  - Greasy or fried foods
  - Full-fat dairy products
  - Processed meats: sausage, bacon, hotdogs, ham, bologna, salami
  - Nuts and nut butters
  - Poultry with skin
  - Mayonnaise
  - Butter or margarine
  - Oils





## Decrease intestinal movement by avoiding

- Spicy foods
- Sugary foods/beverages
  - Honey, maple syrup
  - High fructose corn syrup
  - Sweets & desserts
  - Sodas
  - Lemonade
  - Canned fruit in syrup
- Food and beverages containing sugar alcohols (sorbitol, xylitol, or mannitol)
  - e.g. sugar-free candies and gums
- Caffeine
- Alcohol



## Eat starchy, low-fiber foods

- White bread
- White rice
- Pasta
- Potatoes without skin
- Pretzels
- Crackers
- Cream of wheat



## Thicken stool by eating foods with soluble fiber

- Bananas, applesauce
- Banana flakes, apple powder
- Canned peaches



## Eat small, frequent meals

- Consuming small meals puts less stress on your digestive system

## Limit dairy consumption

- Limit milk or milk products to no more than 2 cups per day
- Choose dairy alternatives:
  - Soy milk and yogurt
  - Almond milk
  - Coconut milk and yogurt
  - Non-dairy cream
  - Lactose-free milk



## Communicate with your healthcare team

- Keep open communication with your healthcare team about your symptoms
- Check with your doctor or nurse before taking medications for diarrhea
- Take all medications as you are prescribed
- Call your health care team if:
  - Diarrhea persists or worsens
  - You feel dizzy or lightheaded
  - You have dark yellow urine or are not urinating
  - You have a fever



## How to Reintroduce Foods

Introduce solid food one at a time and monitor symptoms. If stool production increases after eating a certain food, stop eating it until you recover.

- 1 Start with bland foods like bananas, white rice, applesauce, toast, crackers, and pretzels
- 2 Then slowly introduce low-fat meats like baked chicken or turkey and eggs
- 3 If tolerated well, then slowly reintroduce fruits and vegetables, and lastly, fats

Once all food groups have been reintroduced and tolerated, gradually increase fiber intake (see high-fiber foods list above)

- 1 Start with a low-fiber diet (10-15 g/day)
- 2 Increase by 5 g/day as tolerated until goal is reached (25 g/day for women; 38 g/day for men)



*Note: To find out how much fiber is in one serving of a packaged food item, look on its Nutrition Facts label.*

Include foods containing prebiotics and probiotics

- These foods help restore the balance of healthy bacteria in your gut. Examples include: Sauerkraut, yogurt, kimchi, kefir, miso, pickles, tempeh, sourdough bread, cabbage

**Disclaimer:** Please note that the information provided herein is intended to serve as a general guideline and may not meet the unique nutritional needs of individual patients. The distribution of these materials is at the discretion of the physician. The creator does not hold responsibility for their application or outcomes on individual health conditions. All patients are advised to consult with their physician for personalized advice tailored to their unique needs and circumstances.