Diarrhea
Patient Education

Diarrhea is an increase in frequency of loose or watery stools. Chemotherapy, radiation and other medications can affect the lining of your stomach and intestines, which may result in diarrhea. Uncontrolled diarrhea may lead to dehydration.

How can I manage diarrhea?

- Take anti-diarrhea medication as directed.
- Drink at least 8 to 10 servings (8oz each) of liquids per day. Drink fluids at room temperature.

**Recommended:**
- Gatorade or other sports drinks
- Diluted juices
- Decaffeinated or herbal teas
- Broth
- Popsicles
- Jello

**Avoid:**
- Caffeinated drinks
- Alcoholic beverages
- Prune Juice
- Large amounts of water

- Eat small, frequent meals.
- Eat foods that bulk stools such as applesauce, oatmeal, bananas, cooked carrots, rice, noodles, well cooked eggs, canned or cooked fruit (no skins), skinned turkey or chicken, fish, and mashed potatoes.
- Eat foods that are high in sodium and potassium such as bananas, peach or apricot nectar, oranges, and potatoes.
- Avoid high fiber foods such as uncooked vegetables and fruit.
- Avoid foods/fluids that have lactulose (milk, yogurt).
- Avoid greasy, fried and high fat foods.
If you are having the following danger signals, call your doctor or nurse:

- More than 4 to 6 (over your usual number) loose watery stools per day.
- Abdominal pain or cramping lasting greater than 24 hours.
- Dizziness, weakness, or light-head feeling.
- Inability to keep food or fluids down for greater than 24 hours.
- Fever of 100.4° F (38° C).
- Bloody stools.

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