

Helpful Tips for Diarrhea after Chemotherapy or Radiation Therapy

Medicine to Treat

- Take Imodium[®] AD (Loperamide HCL 2mg tablets)
 - You can buy this medicine over the counter at your pharmacy. You should take 2 tablets (4mg) after your first loose stool and 1 tablet after any other loose stool for a maximum dose of 8 tablets in 24 hours. This medicine should not be taken when you have not had a bowel movement for 12 hours.
- Other medicines may be used. Please contact your doctor before starting.

Nutrition Tips for Treating Diarrhea

- Drink plenty of fluid. Choose clear, mild, non-carbonated beverages. Room temperature liquids may be better tolerated. Clear broth, gelatin, sports drinks, and Pedialyte[®] are good choices for most people. Drink 1 cup of fluid after each loose stool. You may need to drink a little at a time, as often as you can.
 - Eat small frequent meals and snacks.
 - Avoid spicy, greasy, fried, or very sweet foods.
 - Consume high-sodium foods and drinks such as broths, pretzels, crackers, and sports drinks.
- Avoid “sugar-free” products, including gum and mints. Sugar alcohols can make diarrhea worse.
- Consume high-potassium foods like fruit juices, sports drinks, potatoes, and bananas.
- Limit milk products to 2 cups per day. Yogurt and buttermilk are okay.
- Avoid gas-forming foods and drinks (carbonated drinks, gas-forming vegetables, and chewing gum). If you want carbonated beverages, leave them open for at least 10 minutes before consuming.
- Consume foods high in soluble fiber such as bananas, white rice, applesauce, white toast, canned peaches, and canned pears. Remember the “**BRAT**” diet (**B**ananas, **R**ice, **A**pplesauce and **T**oast).

Call Your Doctor or Nurse

- If you are feeling dizzy.
- If you have a fever of 100.4° F (38° C) or higher.
- If you have diarrhea, urgency, severe stomach pain or cramps for more than a day.
- If you experience pain at the rectum or have bleeding around the rectum.
- If your stool is black, “tarry” or sticky.
- If you have more than 3 episodes of diarrhea even after taking Imodium AD.

