

Managing Diarrhea: Early Onset

There are many causes of diarrhea, including chemotherapy and radiation. Diarrhea is several loose, watery stools in a day. If you have diarrhea, it is very important to keep eating and drinking to maintain your weight and avoid dehydration.

Once you have talked to your doctor or nurse, you may be asked to make some changes in your diet, or take some medications.

First: Diet changes

Eat small, frequent meals.

Drink plenty of fluids. Foods high in soluble fiber can help with the management of diarrhea: oatmeal, bananas, apple sauce, mango, papaya, avocado, white rice, white pasta, potato, sweet potato and yam without the skin, white bread.

Avoid alcohol, caffeine, spicy and fried food..

Also include:

Fiber supplements such as Metamucil, Benefiber and Fibersure can be helpful to bind and form stool. Follow the mixing directions on the container. These products can be used 2-3 times per day.

Notify your doctor or nurse if the changes in diet do not work.

This may be the time to start medications that your doctor, nurse or dietician may suggest.