





Diarrhea

Treatment of Diarrhea from Cancer Treatment

Some chemotherapy can cause diarrhea. Diarrhea is any increase in the number of stools per day and/or an increase in the amount of watery fluid in your stool. If left untreated, diarrhea can cause dehydration, weakness, weight loss, rectal soreness, and poor nutrition.

- Drink at least eight 8 oz. cups (64 oz.) of fluid each day to prevent dehydration, unless told not to by your healthcare team. All non-caffeinated beverages count toward fluid intake.
- Avoid laxative(s) even if it is part of your normal medicine routine
- Avoid foods high in fiber (beans, corn, broccoli, and high fiber bran-based breads and cereals)
- Avoid foods high in fat (fried foods, rich or heavy desserts, or oily sauces)
- Limit foods that contain lactose (milk products, cheese)
- Avoid spicy foods (hot peppers, hot sauce)
- Avoid caffeine (coffee, tea, cola, cocoa, chocolate)
- Avoid alcohol
- Ask your healthcare team for the "low fiber, high protein" document

If you develop diarrhea, follow the instructions that best describes your stool below:

If your stool is **VERY SOFT** but still has some form:

- 1. Take 1 loperamide (Imodium®) tablet **after each stool** that looks like diagram 5 or 6 on the Stool Chart.
- 2. If this type of stool continues for more than 24 hours **after starting Imodium**®, contact your healthcare team.
- 3. Do **not** take more than 8 tablets (16mg) in a 24-hour time period.

If your **STOOL IS LOOSE, VERY LOOSE OR IS LIKE LIQUID** - applesauce or watery:

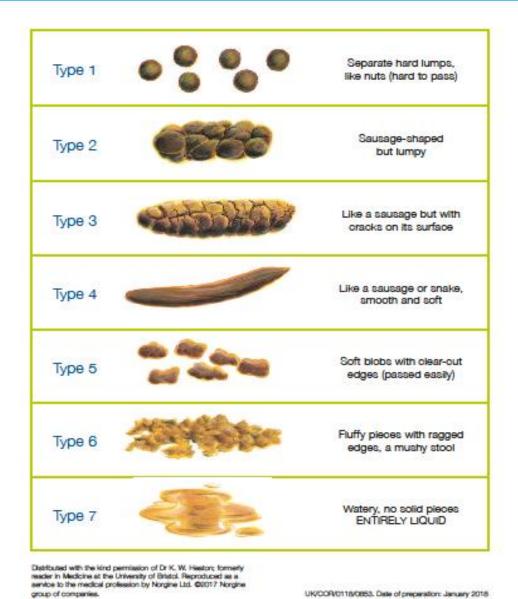
- 1. Take 2 Imodium[®] tablets immediately after the first loose stool that looks like diagram 7 on the Stool Chart.
- 2. Take 1 Imodium® tablet every 2 hours, for a total of 12 hours.
- 3. The goal is that you have no diarrhea for 12 hours.
- 4. If you have diarrhea at any time during these 12 hours, note the time of your diarrhea. You must now use this time as the beginning of a new 12- hour period. Repeat the instructions from the beginning and contact your healthcare team.

- 5. During the night, you do not need to wake up every 2 hours to take the Imodium[®] tablet. Instead, set your alarm for every 4 hours and take 2 Imodium[®] tablets. To maintain control of the diarrhea, it is important that you continue to take the Imodium[®] tablets during the night, even if you have no diarrhea for several hours.
- 6. If you experience weakness, lightheadedness or dizziness, contact your healthcare team.

Use the table below to help keep track of the amount of **loperamide** (**Imodium**®) you are taking.

Date	Time	Description of Stool (if any). Use stool chart on next page.	Number of loperamide (Imodium®) tablets taken.

The Bristol Stool Form Scale



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