



## ***PATIENT INFORMATION***

### **Diarrhoea**

Diarrhoea can occur because of your illness, your treatment or due to an infection. Even though you are experiencing diarrhoea at the moment it is still important to continue eating and drinking.

Medication is available to help reduce or control your diarrhoea. Discuss this with your doctor, nurse or radiographer. It is better for you to start medication to control the diarrhoea rather than making changes to your diet.

However, despite medication, some people may find certain foods seem to worsen diarrhoea for example high fibre foods, spicy or fatty foods. If you feel this may be a problem for you, discuss this with your healthcare professional who may be able to advise you on an appropriate diet without reducing your total nutritional intake. They may refer you to the dietitian.

Some of the following ideas may help when you have diarrhoea.

- Have small frequent meals and snacks.
- Avoid very spicy and fatty foods.
- Eat slowly, chew food well and relax at meal times.
- Ensure that you take plenty of fluids (at least 10 cups daily). Suitable fluids include water, squash, herbal tea, decaffeinated coffee, Oxo® and Bovril®. Avoid caffeinated drinks such as tea, coffee and cola, and artificial sweeteners such as sorbitol and xylitol as these may stimulate your gut more and worsen the diarrhoea.
- Increase your salt intake a little by eating foods such as nuts, cheese, crisps, Oxo®, Bovril® or packet soup

**Given by..... Contact Number.....**