Diarrhoea

Diarrhoea means you pass many looser bowel motions in a day than usual. Your illness, treatment or medication can cause diarrhoea. Talk with your doctor or nurse; you may need medicines to help.

**Here are some ideas to help:**

* If prescribed, take your anti-diarrhoeal medications as directed.
* Drink plenty of liquids to replace the water lost with diarrhoea.
* Avoid large amounts of juices and drinks high in caffeine and alcohol.
* Aim for at least eight cups (1½ to 2 litres) of fluid daily.
* An electrolyte solution can help. These are available from pharmacies, or try the following recipe.

Recipe: 1 powered drink sachet (e.g. Raro® or Vitafresh™), ½ tsp salt, 1 tsp sugar

Mix all the dry powder in 1 litre of water

* Have small, frequent meals and snacks, e.g., six small meals daily.
* Avoid foods and drinks that make the diarrhoea worse. These could include:
* Deep-fried foods and takeaways such as fried fish and chips.
* Spicy or highly seasoned foods.
* Fruits and vegetables with seeds, pips, skins and coarse stalks. This could be celery, tomatoes, citrus fruits, corn and peas.
* Wholegrain bread and cereals such as grainy bread, All-Bran® and muesli.
* Chewing gum, mints or drinks and food containing sorbitol (artificial sweetener).
* Try the following foods in your diet:
* Fruits such as melons, bananas, peeled stewed apples and pears.
* Vegetables such as kūmara, pumpkin and carrots. Tender well-cooked vegetables, including broccoli and cauliflower tips, may be better tolerated.
* Starchy foods like porridge, white bread, rice, pasta and peeled cooked potatoes.
* Don’t restrict your food for more than two days; seek medical advice if the diarrhoea does not settle or worsens.

Discuss any questions about diarrhoea with your dietitian, doctor or nurse.

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