

What Else Can I Do?

Eat Small Frequent Meals and Snacks.

Have Foods and Drinks at Room Temperature.

Limit dairy to 2 cups a day.

Allow sodas to become “flat” before drinking.

Keep insoluble fiber intake low.

When Should I Call My Healthcare Provider?

- If you have a fever above 100.5.
- If there is blood, mucus, or pus in your stools.
- If your rectal area bleeds or is very sore.
- If the diarrhea and /or bloating last longer than 3 days.
- If you have dark urine and/or black stools.

For More Information:

Academy of Nutrition and Dietetics. [www.eatright.org/
resources/health/diseases-and-conditions/cancer](http://www.eatright.org/resources/health/diseases-and-conditions/cancer)

American Cancer Society. www.cancer.org

American Institute for Cancer Research. www.aicr.org

National Cancer Institute. www.cancer.gov

Contact:

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THE UNIVERSITY OF ARIZONA
College of Nursing

Diarrhea

Nutritional Support



Prepared by



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CANCER
CONNECTIONS

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What is Diarrhea?

Diarrhea is frequent, soft, loose, and/or watery bowel movements. It can occur more than 4 times a day.

What Causes Diarrhea?

- Chemotherapy
- Radiation Therapy
- Surgery
- Infections
- Stress
- Anxiety
- The Cancer itself
- Lactose Intolerance
- Other Medicines (Stool Softeners, Laxatives)

What Happens When People Have Diarrhea?

- Loose, Watery Stools
- Dehydration
- Weight Loss
- Poor Appetite
- Feeling Weak
- Feeling Tired
- Upset Stomach
- Abdominal Bloating
- Cramping
- Urgent, Frequent Need to go to the Bathroom

What Should I Eat?

When experiencing diarrhea, drink a lot of fluids, foods with Sodium/Potassium, and a little soluble fiber.

Drink Fluids Often

Water
Ginger Ale
Fruit Juice
Sports Drinks

Consume SOME soluble fiber

Applesauce
Bananas
Canned Peaches
Oatmeal
Quinoa
Cucumbers
Celery

Foods/Liquids High in Sodium and Potassium

Broth/Soups
Saltine Crackers
Pretzels
Dried Fruit
Yogurt
Leafy Greens
Potatoes
Bananas
Nuts and Seeds

Other Low-Fiber Foods

Yogurt
White Toast
Rice
Cooked Carrots
Noodles
Sherbet/Sorbet
Mushrooms

What should I NOT Eat?

When experiencing diarrhea, avoid foods with high fiber, greasy foods, caffeine, and other irritating foods.

High-Fiber Foods

Nuts
Black Beans
Pinto Beans
Peas
Bran Muffins
Whole Wheat Bread
Popcorn
Artichokes

Caffeine

Coffee
Teas
Soda
Chocolate

High-Fat / Greasy Foods

French Fries
Hamburgers
Bacon
Fried Foods
Pizza

Gas-Causing

Dried Beans
Broccoli
Cabbage
Cauliflower
Chewing Gum
Carbonated Drinks

Spicy Foods

Hot Sauce
Salsa
Chili Pepper