

Coping with diarrhoea

Sussex Cancer Network



Nutrition and Dietetics Department

Why have I developed diarrhoea?

Diarrhoea can be caused by any one or a combination of the following; radiotherapy, chemotherapy, medication or an infection.

What can I do to help it?

It is important that you take and follow the packet instructions for diarrhoea medication. If this medication doesn't help, you must tell your radiographer, nurse, doctor or dietitian.

Should I eat differently?

If you are not managing to eat and drink as much as usual, you could become dehydrated and may feel weak.

Here are some suggestions to help prevent this:

- Drink plenty of fluids: aim for at least 8-10 cups of fluid daily e.g. water, squash or cordial, fizzy or still drinks, diluted fruit juices, Oxo or Bovril, clear soups
- have weak tea/coffee or decaffeinated varieties or peppermint, herbal or fruit teas. Add sugar or honey to give extra energy.
- eating little and often is the best way to keep up your energy intake. The list below is a useful guide to help you get the nutrients you need
- aim for 3 small meals and 3 snacks per day, try to eat something every 2-3 hours
- use convenience foods if you are unable to stand cooking for long periods or your appetite is affected by cooking smells
- avoid foods/drinks that may irritate your gut e.g. fatty or spicy foods and alcohol
- whilst you have diarrhoea you may need to change your fibre intake. Speak to your dietitian for personalised advice depending on your needs.

What if it continues?

If diarrhoea continues for more than 48 hours, it is advised you contact the radiographer, nurse or your doctor for advice

Sussex Cancer Centre – useful numbers

Radiotherapy treatment reception 01273 664901

Chemotherapy suite 01273 696955 Ext. 4799

Howard 1 oncology ward 01273 696955 Ext. 4051

Macmillan Dietitians 01273 696955 Ext. 4208 / 4290

Questions about living with cancer?

Call Macmillan free on 0808 808 00 00 or visit macmillan.org.uk

The Royal Sussex County Hospital
Eastern Road, Brighton, East Sussex, BN2 5BE

(01273) 696955

Department of Nutrition and Dietetics – Extension 4290
Sussex Cancer Centre Dietitian – Extension 4208

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فيمكننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি

如你不明白本單張的內容，我們可安排口譯員服務。

如你不明白本傳單的內容，我們可安排口譯員服務。

اگر مندرجات این جزوه را نمی فهمید، ما می توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

Produced by Macmillan Oncology Dietitian Brighton and Sussex University Hospitals NHS Trust

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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