




# diarrhea

Cancer treatments and medicines can cause your bowels to move much more often and become very loose. Three or more loose or watery stools a day is called diarrhea. Uncontrolled diarrhea can lead to fluid loss (dehydration), weight loss, poor appetite, and weakness.

Avoid high-fiber foods, which might make diarrhea worse. These include nuts, seeds, whole grains, legumes (beans and peas), dried fruits, and raw fruits and vegetables. You should avoid high-fat foods, like fried and greasy foods, too, because they can also make diarrhea worse. After stomach or bowel surgery, some people may be sensitive to very sweet or high-carbohydrate foods as well. Stay away from gassy foods and carbonated drinks, too. Be sure to sip fluids during the day to prevent dehydration. Once the diarrhea has stopped, slowly start eating foods with fiber.

## WHAT TO DO

- Drink plenty of mild, clear, non-carbonated liquids during the day. Drink liquids at room temperature. This may be easier to take than very hot or cold drinks.
- Eat small, frequent meals and snacks during the day.
- Avoid greasy, fried, spicy, or very sweet foods.
- Limit milk or milk products to 2 cups a day. Yogurt and buttermilk are OK.
- Avoid drinks and foods that cause gas, like carbonated drinks, gas-forming vegetables, and chewing gum. (A list of foods that might cause gas is in the section on constipation.) Allow carbonated drinks to become slightly “flat” before drinking by pouring them into a glass and letting them sit at least 10 minutes.
- Drink and eat high-sodium (salt) foods like broths, soups, sports drinks, crackers, and pretzels.
- Drink and eat high-potassium foods like fruit juices and nectars, sports drinks, potatoes with the skin, and bananas.
- Increase soluble-fiber foods like applesauce, bananas, canned peaches and pears, oats or oatmeal, and sweet potatoes.
- Drink at least 1 cup of liquid after each loose bowel movement. Try water, sports drinks, or bouillon.
- Do not chew sugar-free gum or eat candies and desserts made with sugar alcohol (i.e., sorbitol, mannitol, or xylitol).
- Call your cancer care team if diarrhea continues or increases, or if your stools have an unusual odor or color.



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If you have any questions please contact or  
make an appointment with our dietitian at  
**505-727-3040**.

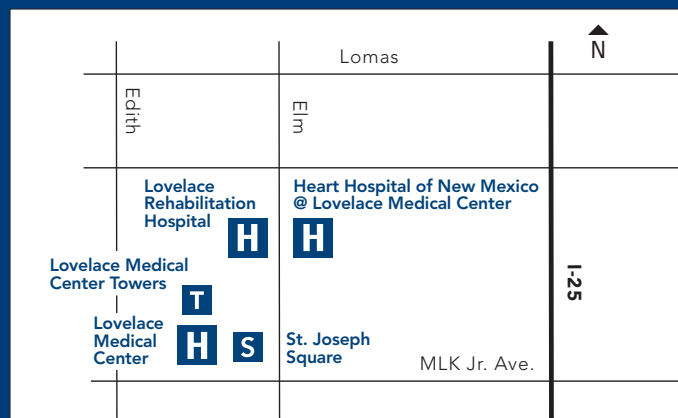
## WHAT TO EAT OR NOT EAT WHEN YOU HAVE DIARRHEA\*

	EAT	FOODS THAT MAY CAUSE PROBLEMS
<b>HIGH PROTEIN</b>	Baked or broiled beef, pork, chicken, turkey, veal, fish  Eggs, buttermilk, cheese, yogurt	Fried meats, high-fat cuts of meats, meats with gristle  Dairy products other than buttermilk or yogurt
<b>BREADS, CEREALS, RICE, AND PASTA</b>	Bread, rolls, and pasta made from refined, white flour; converted or instant rice  Refined cereals like farina, Cream of Wheat, Cream of Rice, oatmeal, cornflakes  Pancakes, waffles, cornbread	Whole-grain breads and cereals like whole wheat, oat, and rye; bran  Shredded wheat  Granola
<b>FRUITS AND VEGETABLES</b>	Soups made with vegetables listed here: cooked asparagus tips, beets, carrots, peeled zucchini, mushrooms, celery  Tomato paste, tomato puree, tomato sauce  Baked potato without skin  Canned, frozen, or fresh fruit	Fresh, unpeeled fruit; pears; melon  All other vegetables
<b>DRINKS, DESSERTS, AND OTHER FOODS</b>	Butter, margarine  Mayonnaise, salad dressing, vegetable oil  Cake, cookies, flavored gelatin desserts, sherbet  Decaffeinated beverages  Salt, pepper, spices, and gravy as tolerated	Desserts with nuts  Coconut, dried fruit  Chocolate, licorice  Pickles  Popcorn  Foods with a lot of pepper, chili seasoning, or taco seasoning; hot sauces

### About Us

With over 37 years of experience, Hematology Oncology Associates is committed to providing the best cancer care possible for their patients. Hematology Oncology Associates is a Quality Oncology Practice Initiatives (QOPI) certified site that demonstrates rigorous standards for quality cancer care and safety measures established by the American Society of Clinical Oncology (ASCO) and the Oncology Nursing Society (ONS).

We gladly accept most major insurance plans, including Blue Cross and Blue Shield, Molina Healthcare, TRICARE, UnitedHealthcare Community Plan, United Retiree Health Care Authority, Medicaid, Medicare, and many others.



### CONTACT US

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