

Diarrhea

Having three or more loose or watery stools in a day is considered diarrhea. Find out how to deal with diarrhea, which may be a side effect of cancer treatments and medicines.

TRY THIS

Stay hydrated. Drink clear, non-carbonated beverages.

Avoid alcohol and caffeine. Stay away from drinks that make you go to the bathroom more frequently.

Eat bread and pasta made with refined flour. Stay away from whole grains. Also avoid greasy, fried, and spicy foods.

CHECK THIS OUT

Visit the Springboard page on Diarrhea.

<https://survivorship.cancer.gov/springboard/symptoms/diarrhea>

Listen to this recording for tips on dealing with diarrhea caused by radiation therapy. <http://go.usa.gov/xxAZA>

Get this list of foods and drinks that may help if you have diarrhea.

<http://go.usa.gov/xxABw>

Learn more about diarrhea and nutrition during cancer treatment.

<http://goo.gl/WD6B3W>