

Deepak Chawla, 29 Male | 21 Dec 2023 10:21:56

PRESENTING COMPLAINTS

consulted ortho and advised nucoxia MR following which patient complains of multiple episodes of loose stools and no fever no abdominal pain history of IBS - diarrhoea predominant

VITALS

Nothing significant reported

DIAGNOSIS

drug induced diarrhoea

IBS - diarrhoea predominant

TREATMENT

PLAN OF MANAGEMENT

stop nucoxia mr

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MEDICINE

NAME GENERIC MOLECULE	STRENGTH	DOSAGE	FREQUENCY	DURATION	ROUTE
VSL-3 112.5 BILLION CELLS CAPSULE lactobacillus + streptococcus thermophilus + bifidobacterium	112.5 billion cells x 10s	1 Capsule	1-1-1	10 days	Per oral
REDOTIL 100MG CAPSULE racecadotril	100mg	1 Capsule	1-0-1	3 days	Per oral
ELECTRAL 21GM POWDER oral rehydration salts	21gm	1 Sachet	Once daily	3 days	Per Oral

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GENERAL ADVICE

IBS

Have small and frequent soft meals [if possible]. Take time to eat.

RESTRICT

- Reduce intake of 'resistant starch' (starch that resists digestion in the small intestine and reaches the colon intact), which is often found in processed or re-cooked foods
- Restrict tea/ coffee up to 1-2 cups per day
- Restrict Alcohol, Fizzy beverages, and Outside food
- Restrict Animal milk (Avoid consumption of milk with empty stomach) Paneer, Wheat and Wheat products. Include Oat/ Soy/ Almond milk instead animal milk
- Restrict artificial sweeteners like Sorbitol, Sucralose, Sorbitol, Mannitol, Aspartame, and Whey protein supplements, especially for people with Diarrhoea
- It may be helpful to limit the intake of high-fiber food (such as wholemeal or high-fiber flour and bread, cereals high in bran, and whole grains such as brown rice)
- Restrict Onion, Garlic, Red chilli, Garam masala, and Fatty food
- Restrict Raw vegetables and sprouts, which can consumed in cooked/boiled/steamed form. Limit fresh fruit to 3 portions per day (a portion should be approximately 80 g)
- Remove seeds from vegetables like Cucumber, Tomato, Bhendi, and Gourds before consumption

INCLUDE

- Drink 8-10 glasses of fluids such as water, tender Coconut Water, clear Vegetable soup, Buttermilk, Jeera pani / jal jeera, and 1-2 cup [30ml] Black tea / Coffee / Herbal tea without Milk and Sugar
- Include Oats as a breakfast option especially for people with bloating and flatus
- Include probiotics like Curd, Buttermilk, Apple Cider Vinegar, Yalkult, Kimchi, Kefir any of these at least 2-3 times/day
- Include protein sources like boiled sprouts, whole pulses [roasted, soaked, well cooked before consumption] Tofu, Curd, Whole Egg, Seafood, Lean chicken
- **If these measures do not result in improvements in 6 weeks**
- A more structured single food avoidance and exclusion diets (for example, a low FODMAP [fermentable oligosaccharides, disaccharides, monosaccharides, and polyols] diet) may need to be tried. This will be given by our dieticians and requires a period of 8-12 weeks and frequent adjustments to have positive impact

NEXT STEPS

Please book a consultation if symptoms persist.

If symptoms worsen, please get in touch immediately on Care Chat or call us on 080 4749 5555, and press 2.

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Dr. Rakshith Shetty (MD - Internal Medicine, MBBS)
Consultant physician and diabetologist | KMC Reg (104873)

NOTE: General Physical Examination and Systemic Examination are not possible in online consultation.

DISCLAIMER

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