

Diarrhea (loose or watery stool)

Diarrhea is:

- loose or watery stools
- more than your usual number of bowel movements in a day.

Radiation to the abdomen and chemotherapy can cause diarrhea.

Diarrhea can cause dehydration which means extreme loss of body fluids. This can be very serious if left untreated.

Call your nurse or doctor if you have diarrhea and:

- feel dizzy
- have a fever of 38°C or 100.4°F
- have blood in your diarrhea
- can not drink fluids and keep them down
- have dark yellow urine
- have a sore or bleeding rectal area
- have more than two loose watery stools per day
- have abdominal pain

Your nurse or doctor will suggest you take medication such as Immodium to help with diarrhea. Follow the package instructions or take as recommended by your doctor.

Sásáposiwin

Ayíw anima sásáposiwin:

- ká nóskák ki pamihisowin
- wésa tápitaw kawi nóte pamihisoyan péyak kísikáw.

Ká manáskisikáték píci ki míyaw ki miníwin wéká anihi maskikíya ká otinaman kikakí mániskákon.

Óma tápitaw káwí nóte pamihisoyan mitoni tápiskóc tápitaw éwí nóteyápákwéyan étamacihoyan. Awasimé kika ati itiskákon óma éká nántaw isi kakwé natawitáyani.

Kakitotakan maskiki iskwew wéka maskikiwininiw kispin ki sasapason:

- kiwí kiskwéyápacihon
- kispin ki kisisowipanin nantaw 38° C wéka 100.4°F
- ká mikowak ispík é natawi pamihisoyan
- éka ká kaskitáyan kékwán ta minikwéyan
- é kaski ósawámákamik ki sikiwin
- kitiyak é wísakénitaman wéká é oci mikowiyan
- niswá péyak kísikáw ká pamihisoyan éko é nipíwákamik
- é wáwísakatayépaniyan

Ana maskiki iskwéw wéká ininiw kika mínik maskiki tápiskóc anima Immodium ká itakik ta wícihikoyan ká pamihisoyani. Anta masinahikátéw ta isi otinaman anima maskikí wéká kika wítamák ana maskikiwininiw tánisi ta itótaman.

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Tips to help you with diarrhea:

- Sip fluids slowly and try to drink a variety of fluids over the day to prevent dehydration.
- Eat three to five small meals per day. Try bananas, white rice, applesauce and white toast as they are easy to digest.
- Avoid caffeine, alcohol, greasy foods and milk products.
- Limit high fiber foods like whole grain breads, cereals, fruits and vegetables, nuts and seeds.

When the diarrhea stops start your usual diet slowly.

Tánisi kéki isi wíci táyan óma ká sasaposoyan ta mino ayáyan:

- Papéyatak kika sásópaten anihi ki minikwéwina éko nanátok itowa kékwána minikwé.
- Nántaw nistwá wéká niyánanwá péyak kísikáw ka mícisosin. Ayiw kikaki mícín osáwi wakimínisa, wápanóminak, éko pakwésikan éká náspic ta wísakatayéskákoyan ékwani.
- Káwina ápacitá askíwíyápoya minikwéwina, ká sásápiskisikátéki kékwána éko tótosápoy ká ápatak ta ositániwaki.
- Káwina náspic ká kwásikwatit pakwésikan kika mowáw éko kékisépayahi minikwéwina, mínisa, kistikána, pakának éko nanátok kistikánikanisa.

Ispík é ati póni sásáposoyan néyáp papéyatak kákí isi mícisoyan kikakí itótén.