



Inuktitut

## Diarrhea (loose or watery stool)

## Jact 14 (dac 4-8 ALT OT)

#### 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.

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Translated materials were completed by the Aboriginal Languages of Manitoba. For copies of all topic information and languages go to: www.cancercare.mb.ca/translated\_treatment\_info



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## Diarrhea (loose or watery stool)

## Jact To (decale y Print)

### 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.

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