

## 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.

## Kishiwashkadewin

Kishiwashkadewin kaa-ishinihkaatek:

- pimweshkitiwin
- mishinwaa kaa-miisiishkaaniwak beshiko kiishikaa.

Cahkaasikewin ekwa mashkihki kaa-aapatak kihci-aahkosiiwinik kishiwashka deshkaakemak.

Kishiwashkadewin pahkaabaakweshkaakemakan. Ekwa tahsh naahpic ninhdentaakwan ekaa kaa-natawicikaatek.

### **Kanoos mashkihkiwihkwe naanta mashkihkiwinini kiishpin kishiwashkadeyan ekwa:**

- kaa-kiiwashkweyaapiyan
- kaa-kishidewihseyan 38C kaa-inaakoshkaamkak naanta 100.4F
- kaa-miskwiiwak moo
- ekaa kaa-kii-inishkaman kaa-minihkweyan nibi
- kaa-mahkadewi-osaawaakamik shikoonaaboo
- kaa-dewisiyan naanta kaa-miskwiiwiyan kaa-oci-miisiyan
- naanta niishwaa kaa-pimweshkitiyan beshiko-kiishikaa
- kaa-wiisakentaman kimisadaak

Mashkihkiwihkwe naanta mashkihkiwinini kaa-ishiwiintamaak ci-aapachtooyan Immodium kaa-ishinihkaatek mashkihki ci-wiicihikoyan kaa-kishiwashkadeyan. Pimnishahan kaa-ishi-wiintamaawik Mashkihkiwinini.

## Diarrhea (loose or watery stool)

### 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.

## Kishiwashkadewin

### Ke-wiichikoyanin kishiwashkadeyan:

- Wiikwatan nibi behkaac ekwa kakwe-minihkwen nanaahka minihkwewinan beshiko-kiishikaa ekaa ci-pahkaabaakweyan.
- Baahpankii wiihsinin nihswaa naanta niyaananwaa beshiko-kiishikaa. Kakwe-miicinan bananas, waapanoomin, kihci-wiisakiiminaaboo kaye Kaa-waapisoc piihswe-aanahkonaa kaapisikan e-wetahk ci-kocipanicikaatekin.
- Ikaawin minihkwen kwaapii, minihkwewin, kaa-pimitewak miicim kaye coohcooshaaboo.
- Panki piko miicinan oneniwan miiciman; high fibre food, whole grain breads, cereals and vegetables, nuts and seeds.

Ahprii ishkwaakishiwashkadeyan amihi miina ishi-maacii-wiihsinin kitinacikewin behkaac iko.