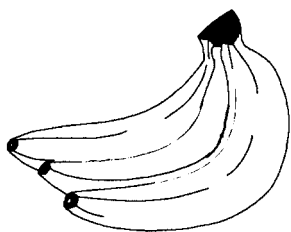


Diarrhea

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Community Nutrition Clinic
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Some foods and medical treatments can affect the lining of your gastrointestinal (gas-trow-intes-tinn-ul) tract. Your gastrointestinal tract is sometimes called your “GI tract.”

Your GI tract is all the parts of your body that you use to take food in and send waste out.

When you have diarrhea, food passes through your bowels before your body can absorb the water and vitamins it needs. This is called “reduced transit time.”

This can cause dehydration (dee-hi-dray-shun). Dehydration means that your body is losing too much water. Your body needs water to work well.

HERE ARE SOME TIPS TO HELP YOU FEEL BETTER:

- Drink lots of fluids during the day. This will help to make sure your body is getting enough water.
- Try sports drinks like Gatorade. These can help replace some of the water and minerals you lose when you have diarrhea.
- Try to eat foods that have sodium (salt) and potassium in them. Sodium can be found in lots of foods, like broth. Potassium can be found in foods like bananas and potatoes.
- Try to avoid milk and food made from milk.
- It's also a good idea to avoid these foods:

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- Whole grains
- Nuts
- Raw fruits and vegetables
- Greasy and fatty foods (like fried foods)
- Foods with a lot of fiber (like corn, cabbage, and beans)
- Very spicy foods (like hot peppers)
- Eat small amounts of food throughout the day, instead of eating normal meals.
- Try some soft foods.
- Avoid alcoholic beverages.
- Don't drink coffee or tea unless it's very weak.
- Drink liquids that are room temperature (not very hot or cold).
- Drink liquids after meals, not during meals.

PLEASE CALL YOUR DOCTOR IF:

- Your diarrhea is very bad or lasts longer than 24 hours.
- You feel cramps or pain in your abdomen.