

# ORAL CHEMOTHERAPY EDUCATION



## DIARRHEA

Diarrhea is when your bowel movements become more frequent and are watery, softer, or looser than normal.

To minimize the possibility of diarrhea, do the following:

- Avoid spicy, greasy, or fried foods.
- Avoid eating a lot of raw vegetables or fruits.
- Avoid high-fiber foods, such as whole wheat breads, granola, and bran.
- Avoid gas-forming foods, such as cabbage and broccoli.
- Avoid lactose-containing products, such as milk and dairy products.
- Avoid beverages with caffeine and alcohol.

To help you feel better, do the following:

- Drink plenty of clear fluids, at least 8–10 glasses per day. Examples include water, sports drinks, broth, weak decaffeinated teas, decaffeinated soft drinks, clear juices, and gelatin.
- Eat bland foods, such as bananas, applesauce, rice, noodles, white bread, toast, and chicken (without the skin).

You may take over-the-counter medication for your diarrhea, as instructed by your healthcare provider, including the following:

- Loperamide (Imodium®); take 4 mg (2 tablets) for 1 dose, then take 1 tablet by mouth every 4 hours OR 1 tablet by mouth after each loose stool. Do not take more than 8 tablets in 24 hours.

Call your care team if you experience any of the following symptoms:

- You have 4 more than your normal number of bowel movements in 1 day.
- You have diarrhea or cramps for more than 1 day.
- Your rectal area is sore or bleeding.
- You feel dizzy.
- You have a fever of 100.4°F or higher.

## Additional instructions

**Important notice:** The Association of Community Cancer Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), National Community Oncology Dispensing Association, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient educational supplement. This summarized information represents a brief summary of supportive care information and other resources. This supplement does not cover all existing information related to the possible directions, doses, precautions, interactions, adverse effects, or risks associated with specific medication or adverse events and should not substitute for the advice of a qualified healthcare professional. Provision of this supplement is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this side effect management by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. The collaborators are not making any representations with respect to the clinical information presented whatsoever, and any and all decisions, with respect to such patient management, are at the sole risk of the individual consuming the medication. All decisions related to education and managing adverse events should be made with the guidance and under the direction of a qualified healthcare professional.

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