

DIARRHOEA EXPLAINED



VILLAGE ONCOLOGY
SERVING WITH COMPASSION

Radiotherapy may cause changes in bowel habits. One may experience frequent loose or watery stools more than two or three times per day during treatment. Always inform the radiation therapist/nurse or your doctor once you start experiencing diarrhoea. If there is blood in your stool report to your doctor immediately.

1 Treatment of sudden onset diarrhoea

The following are some of the remedies you may use for diarrhoea.

- Eat small frequent meals.
- Drink a lot of fluids
- Try pasta / potato / bread / maize meal / banana / grated apple (without the skin)
- Chicken / vegetable / bone broth
- Avoid dairy / high sugar drink
- Avoid greasy, spicy food



If your diarrhoea isn't stopping, please consult your doctor or dietician immediately.

2 Constipation

Some people normally go to the toilet to pass faeces 2-3 times per day. For others 2-3 times a week is normal. Generally, a person is considered to be constipated when bowel movements result in passage of small amounts of hard, dry stool, usually fewer than three times a week or a change from your usual pattern of bowel habits. Sometimes patients may experience cramping pain in the lower abdomen or feel bloated / nauseous.

3 Causes

Some of the possible causes of constipation include the following:

- Not eating enough fibre
- Not drinking enough fluids
- Lack of activity / mobility
- Some pain killers, anti-acids, anti-depressants, iron tablets
- Cancer affecting the bowel

4 How do I relieve myself from constipation

- Drink fluids – fluids with laxative effects include prune, fresh orange / grapefruit
- Active / passive exercise
- Never ignore the feeling of needing the toilet
- If you're on medication that causes you to have constipation, take a laxative daily as prescribed by your doctor . Common laxatives are given below.

5 Four groups of laxatives

- **Bulk-forming** – Normacol, Fybogel
- **Stimulant** – Senokot, Soflax, Dulcolax
- **Osmotic laxative** – Movicol, Laxette
- **Stool softener** – Liquid paraffin

For more information - Call : 3110020/3110032 Website: villageoncology.health