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DIARRHEA MANAGEMENT

DIARRHEA: Watery bowel movements.

Take Imodium 2 tablets (2 mg each) at first episode of diarrhea, then 2 mg every 2 hours until resolved. If diarrhea occurs after eating, try taking Imodium 1 tablet before each meal.

FOODS TO AVOID:

- ✓ Milk and dairy products until several days AFTER diarrhea has resolved.
- ✓ Alcohol, coffee, tea and very hot and cold beverages.
- ✓ Spicy, fried, fatty foods.
- ✓ High fiber foods (bran, some cereals, raw fruits and vegetables).

INCREASE SODIUM (SALT), SUGAR, and FLUID INTAKE.

- ✓ Eat soups, broths, Gatorade, gelatin, popsicles, water ices, flat soda.
- ✓ Let sodas stand until fizz has decreased to prevent bloating.
- ✓ Eat BRAT diet (bananas, rice, applesauce, toast).

Drink minimum 6 to 8 glasses (8 ounces each) of liquid daily if able. SIP continuously through the day.

Eat low residue foods (cooked cereals, smooth peanut butter, potatoes, processed cheese, yogurt).

As diarrhea resolves, eat pasta without sauce, white-meat chicken without skin, scrambled eggs.

Avoid dehydration – see “Dehydration Management” instructions.

Intravenous fluids (IV) may be necessary.

Discuss medications:

- ✓ May need to stop taking “water pills” (Diuretics) until diarrhea/dehydration resolves.
- ✓ May need to adjust blood pressure medications until diarrhea/dehydration resolves.
- ✓ Do not take laxatives or antacids.

Cleanse rectal area with mild soap and water after each bowel movement. Use “Baby Wipes” and dry well. Apply Desitin or Balmex to rectal area after cleansing if skin is irritated.

WHEN TO CALL:

Please call if you are concerned - on any day -at any time- about any issue!

Please call EARLY if you are not well, so that office visit and IV fluids may be scheduled if needed.

Lightheadedness, dizziness, or weakness.

Temperature above 100.4.

More than 5 loose stools in 1 day or urgent, explosive, watery stools.

Inability to eat or drink

Abdominal pain or vomiting.

If you see bloody or black stools.