

HOW TO MANAGE ESOPHAGITIS DURING RADIATION TREATMENT

What is Diarrhea?

Diarrhea is a condition in which stool is discharged from the bowels frequently and in liquid form. It may be a side effect of chemotherapy and/or radiation therapy.

What are some methods of managing Diarrhea?

- Eat small meals throughout the day instead of 3 large meals
- Drink lots of clear liquids to stay hydrated
 - Ginger ale
 - Water
 - Clear soups
 - Juice
 - Pedialyte
 - Decaffeinated herbal tea
- Your doctor or nurse may put you on the BRAT diet
 - Bananas
 - Rice - white
 - Applesauce
 - Toast - white
- Avoid hot, spicy, greasy, or fried foods
- Avoid dairy products
- Avoid drinks with caffeine and alcohol
- Limit raw fruits, vegetables, and whole wheat breads and cereals. Eat canned or cooked fruits and veggies without seeds or skins
- Ask your doctor about medications that can slow or stop diarrhea

Taking care of your bottom (rectal area)?

- Use alcohol-free, unscented wipes
- Use a sitz-bath for relief (shallow, warm water bath placed in the toilet)
- Ask your doctor about topical products for soreness and bleeds

If diarrhea becomes unmanageable or you experience stomach pain, rectal bleeding and/or dizziness, please let the team know and the doctor will prescribe medications specifically targeted to help this symptom.