

Diarrhoea

Any illness can cause a lack of appetite but try to make every mouthful count and choose nourishing foods and fluids to replenish your body when you have diarrhoea. Most cases of diarrhoea clear up within a few days, however if you have persistent diarrhoea it is advisable to visit your GP.

- Consider what may have triggered diarrhoea:** infection, side effects of medication, too much alcohol and anxiety are common causes.
- It is important to try and replace the fluid you are losing.** Aim to drink at least 1.6 – 2 litres (6 – 8 glasses) of fluid per day.
- Taking small frequent sips of a drink** may be more manageable than drinking a whole glass at once.
- Eat as soon as you can:** choose plain light meals avoiding fatty or spicy foods.
- Try eating little and often** as smaller portions are often easier to manage. Take time to chew your food well and relax after meals.
- Choose fluid rich foods** such as soup, vegetables and potato as water in food also contributes towards our fluid intake (see '*Hydration Boosters*' resource for examples).
- Avoid foods high in fibre** such as beans, bran cereal and nuts as these may worsen your diarrhoea.
- Cook fruits and vegetables** rather than eating them raw as they will be easier to digest.
- Choose white bread, pasta and rice** in place of wholegrain options.
- Probiotic products** such as Yakult, Actimel or Activia may help shorten your bout of diarrhoea.
- Return to your normal diet once symptoms improve** and reintroduce high fibre foods gradually.



Tip: Oral rehydration salts may be advised by your GP or pharmacist to help prevent dehydration. These do not stop diarrhoea but can help if you have high fluid losses as they provide a balance of water, sugar and salt.