

















Diarrhea

Both ileostomates and colostomates can develop diarrhea. Follow these recommendations to help thicken your stool and to replenish electrolytes if you've lost a lot of liquid.

(For more tips, see the *Diarrhea* section, Chapter 7).

		DIARRHEA	
			
<p>BEVERAGES</p> 	<p>Tomato juice or V8[®] vegetable juice, carrot juice, orange or grapefruit juice, white grape juice, sports drinks (like GATORADE[®]), soups (<i>NOT</i> low-sodium) – liquids that replenish salt and/or potassium</p>	<p>Alcohol, caffeine, milk, most fruit juices (especially apple, prune, and red grape juice) – because they contain sorbitol, unlike citrus juices and white grape juice. Sorbitol can cause or aggravate diarrhea.</p>	
	<p>FRUIT</p> 	<p>Bananas, applesauce – help to thicken stool</p> <p>Dried fruit, apricots, bananas, avocado, tomatoes/tomato sauce – to replenish potassium</p>	<p>Prunes, dates, berries, pineapple, rhubarb, pears, melons</p>

			DIARRHEA, cont'd	
				
VEGETABLES 	Beets, butternut squash, Swiss chard, leafy greens - to replenish potassium	Cabbage, cauliflower, Brussels sprouts, corn		
	Potatoes (without skin), including sweet potatoes - to thicken stool and replenish potassium			
LEGUMES 		Legumes (peas, beans, lentils) contain a lot of fiber, which can make diarrhea worse.		
DAIRY 	Probiotic yogurt & kefir	Most other dairy products - like milk, butter, ice cream, cheese, etc.		
	Dairy products with low lactose - some people experience temporary lactose intolerance when they have diarrhea			
PROTEINS 	Lean fish, beef, and pork. Skinless chicken	Processed meats - can contain too many fats and oils		
	Peanut butter (smooth)			

			DIARRHEA, cont'd	
				
<p>GRAINS</p> 	<p>Refined grains (like white rice, bread, and pasta), and grains with soluble fiber (like oatmeal and cream of wheat ... but add these slowly).</p>	<p>Grains with insoluble fiber, like whole wheat, bran products, wheat germ, whole grain bread, brown or wild rice</p>		
<p>SUGARS</p> 		<p>Honey, chocolate, licorice, artificial sweeteners</p>		
<p>FATTY FOODS</p> 		<p>Fried or greasy foods, gravy</p>		
<p>SNACKS</p> 	<p>Pretzels - to replenish salt and/or potassium</p>	<p>Nuts, pickles or olives</p> <hr/> <p>Gum - too much can cause or aggravate diarrhea because most are sweetened with sorbitol - a natural laxative</p>		