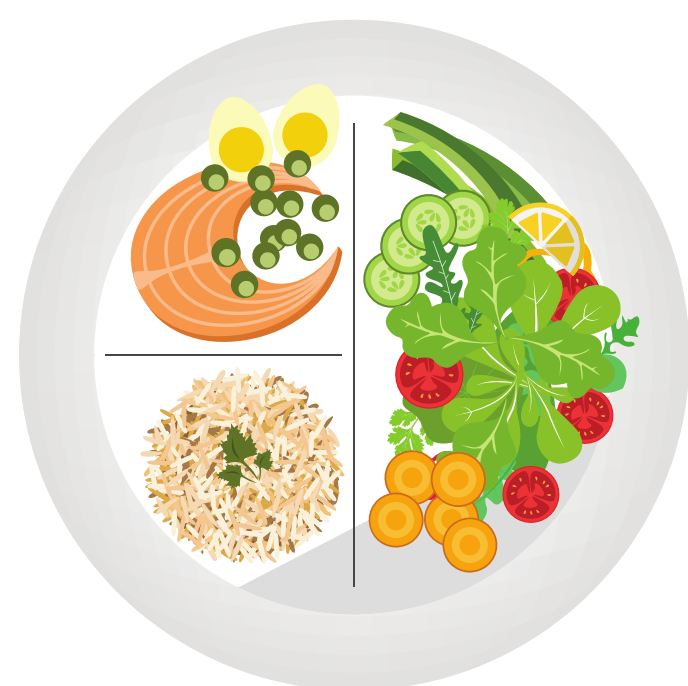
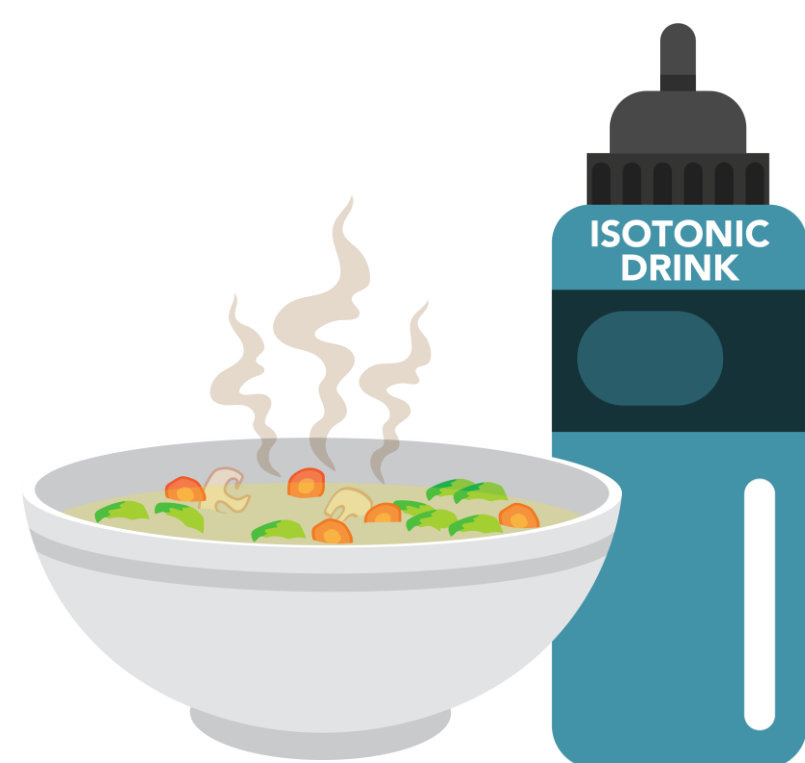


MANAGING DIARRHOEA

Diarrhoea refers to passing of watery stools multiple times in a day. It can arise due to illnesses, medications or treatments and affect your appetite. If it is persistent, it can lead to weight loss, dehydration and malnutrition which may affect your treatment plans.



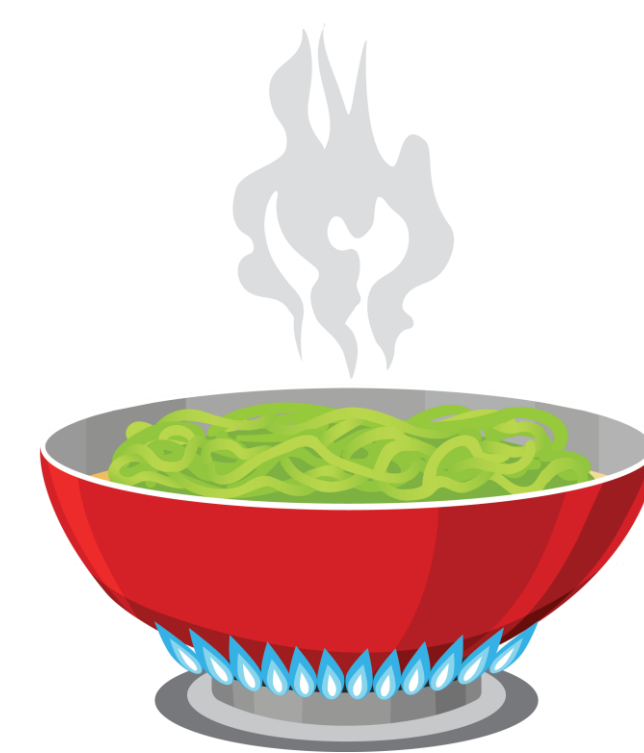
- ✓ Have small and frequent meals



- ✓ Ensure adequate hydration with isotonic drinks, broths and oral rehydration solutions



- ✓ Take anti-diarrhoea medications prescribed by your doctor



- ✓ Ensure all foods are cooked thoroughly

Foods that may help with diarrhoea:



- ✓ Soluble fibre (e.g. oats, barley, apple and pears with skin removed)



- ✓ Other foods that may help (e.g. dry toast and dry crackers)



- ✓ Soy or rice-based products (e.g. soy milk, beancurd and white rice)



Foods that may worsen diarrhoea:

- X Excessive sugar and excessive intake of sweetened drinks
- X Fatty foods (e.g. oily gravy and deep fried foods)
- X Spicy food (e.g. spicy curries/gravies, chilli sambal, tom yum/spicy soup and chilli peppers)
- X Lactose-containing foods (e.g. milk, yoghurt and cheese)
- X Insoluble fibre (e.g. brown rice, wholegrain bread, wholegrain cereal, seeds and nuts, green leafy vegetables and their stalks, raw fruits and vegetables with skin)



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