



Diarrhoea.

There are many reasons you might experience diarrhoea. Here are some strategies that will help you to stay well in the short-term.

Drink plenty of fluid

When you have diarrhoea, you will lose more fluid than usual through your bowel motions. It is important to drink more fluid than normal. Doing this will not make your diarrhoea worse. Try to:

- take small, frequent sips of fluid
- include water, broths or soups, weak cordial or diluted fruit juice
- use an electrolyte drink such as Hydrolyte® or Gastrolyte™.

Eat regular meals and snacks

It is important to eat regularly, even if you feel unwell. If you do not feel like eating, start with bland foods that are low in fibre such as:

- white bread
- crackers
- rice
- plain cooked eggs.

Some foods might make you feel worse when you have diarrhoea. Some of these include:

- coffee, alcohol, soft drinks, and concentrated fruit juice
- fatty, spicy, or heavily seasoned foods
- large amounts of dairy foods (such as milk, yoghurt, or custard)
- ice cream, fried foods, and chocolate.

There is no need to cut anything out of your diet, but it can help to limit your intake of these foods until you feel better.





Know when to see your GP

If you have diarrhoea for more than a few days, you should see your GP. Go to your GP sooner if you:

- have blood in your stool
- have a fever or vomiting as well as diarrhoea
- feel extremely unwell
- are passing little or no urine.

Healthy Ageing Tasmania

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Visit the Department of Health website (www.health.gov.au) for more information.

