ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Diarrhea

Diarrhea involves frequent, loose, or watery stools and can be caused by infections, medications (e.g., antibiotics), cancer treatments (e.g., chemotherapy), or malabsorption syndromes.

Common signs and symptoms to monitor for:

- Frequent bowel movements
- Watery stools
- Bowel Urgency
- Abdominal Cramps
- Dehydration

Tips for Diarrhea Management:

- **Diet**: Encourage a BRAT diet (bananas, rice, applesauce, toast) to firm up stools and avoid dairy, high-fat, or spicy foods.
- **Hydration**: Ensure adequate fluid intake, including oral rehydration solutions, to prevent dehydration.
- **Medications**: Use anti-diarrheal medications (e.g., loperamide) as prescribed.
- **Skin Care**: Maintain hygiene to prevent skin irritation or breakdown from frequent stools.

Record and Report to St. Francis:

- Severity and duration of diarrhea
- Precipitating factors
- Medications taken and effectiveness
- Skin breakdown
- Effect on ability to perform daily activities

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St. Francis Reflections is always available to assist with any questions or concerns 24/7

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