



Diarrhea Got You on the Run?



“Everybody Poops” is the name of a famous Japanese children’s book. Sadly it seems everybody also will have diarrhea at some point.

For some Members, diarrhea may be happening much too often. Always tell your doctor when it’s happening to you. Diarrhea is especially common in patients on antiretroviral drugs.

Suggestions:

Diarrhea can steal away all the healthy things you’ve been eating before your body can use them as “fuel.” It is also hard on your body to lose as much fluid as you do when having to spend so much time on the toilet. The chemicals in your body can become out of balance, which can make you feel even worse.

- It is very important that you continue drinking water, juice, and drinks that are made to help you replace those chemicals.
- Avoid coffee and alcohol, because these can “rob” your body of more fluid - they can also make you *urinate* more often.
- Eat soft, bland foods, such as *plain* soup, bread, and bananas. Bananas have many of the helpful things such as potassium, which is lost with the fluids you lose if you have diarrhea.

When you were a child, you might have been given crackers - if you have good memories of things you were given when you weren’t feeling well, perhaps it is time to try those things again!

Additional Resources:

http://www.health911.com/remedies/rem_motion.htm

<http://www.mayoclinic.com/health/diarrhea/DS00292/DSECTI ON=treatments-and-drugs>