

Diarrhea

With diarrhea, you have bowel movements often or you have loose liquid stools. Diarrhea most often will last 2-3 days. If it lasts longer, it may be a sign of other problems. See your doctor if your diarrhea does not get better in 3 days or if it worsens. For babies and children, see a doctor if diarrhea lasts more than 1 day.

Causes

- Infections, such as a virus
- Nervousness and stress
- Some medicines such as antibiotics or chemotherapy
- A side effect of some treatments
- Bowel diseases
- Bowel surgery or radiation to the abdomen

Some foods that can cause or make diarrhea worse:

- High fiber foods
- Spicy, fatty or fried food
- Food that is too hot or cold
- Milk and dairy products
- Alcohol
- Drinks or foods with caffeine such as coffee, tea, colas or chocolate
- Nutritional supplements such as Ensure or Boost. If you use a supplement and notice more diarrhea, talk to your nurse, dietitian or doctor.

腹泻

腹泻是指您常要大便或拉稀腹泻通常持续 2-3 天。如果持续时间更久，则可能有其他病症。如果您的腹泻 3 天后不好转或更加恶化，请去看医生。宝宝和儿童的腹泻如超过 1 天，就请看医生。

原因

- 感染，例如病毒
- 神经紧张和压力
- 某些药物，如抗生素或化疗药物
- 某些治疗所产生的副作用
- 肠道疾病
- 肠道手术或对腹部的辐射

某些能引起腹泻或使腹泻恶化的食物：

- 高纤维食物
- 辛辣、高脂肪或油炸食物
- 太热或太冷的食物
- 牛奶和乳制品
- 酒
- 含咖啡因的饮料或食物，如咖啡、茶、可乐或巧克力
- 营养增补品，如 Ensure 或 Boost。如果您用一种营养增补品并注意到有更多腹泻，请告知您的护士、营养师或医生。

Your Care

You need to be sure to keep drinking liquids when you have diarrhea. Eat as long as the foods do not cause more diarrhea or cramping.

Try these tips:

- Avoid milk and dairy products until your diarrhea has stopped.
- Drink at least 8 glasses of water each day.
- Eat small meals every 2-3 hours during the day.
 - Eat low fiber foods such as white bread, plain bagels, crackers, white rice, cooked vegetables, cream of wheat cereal or applesauce.
 - If foods cause cramping, eat a clear liquid diet for a day or two. Drink water, broth, Pedialyte, sports drinks, lemon lime sodas or decaffeinated tea. Plain jello and popsicles can also be eaten.
 - As your diarrhea gets better, try eating small amounts of bananas, rice, applesauce and toast. If your stools start to firm up again, add soft foods such as mashed potatoes and noodles. Slowly add other foods to your diet to see how your bowels react.
- Get plenty of rest and try to lessen your stress.
- Be sure to wash your hands well after each stool.
- After each stool wash your rectum with a soft cloth, warm water and mild soap. Rinse with plain warm water and then pat the skin dry.
- Soak in a warm tub of water to ease rectal soreness. Ask your doctor or nurse to suggest an ointment you can use if you get sore.
- Take anti-diarrhea medicine as ordered by your doctor.

您的医疗

当您有腹泻时，请务必不停地喝液体。只要是不引起更多腹泻或腹部绞痛的食物就可以吃。

请试一试这些提示：

- 请避免牛奶和乳制品，直到腹泻停止时。
- 每天至少喝 8 杯水。
- 白天每 2-3 小时少量进餐一次。
 - 吃低纤维食物，如白面包、无味硬面包圈、饼干、白米饭、经烹调的熟菜、精制麦片或苹果泥。
 - 如果食物引起腹部绞痛，请进食清液体一或两天。请喝水、肉汤、Pedialyte、运动饮料、柠檬类汽水或不含咖啡因的茶。也可吃无味果冻和冰棍。
 - 腹泻好转时，请试着吃少量香蕉、米饭、苹果泥和烤面包片。如果大便又开始干硬，请加用稀软食物，如土豆泥和面条。将其他食物慢慢加入您的饮食，看肠道如何反应。
- 多休息并尝试减少压力。
- 请务必在每次大便后将手洗干净。
- 每次大便后用软布、温水和温和型肥皂洗净肛部。再用暖和的清水清洗，然后轻轻拍干皮肤。
- 在温水浴盆中浸泡以减轻肛部疼痛。如有疼痛，请向您的医生或护士要您可使用的软膏。
- 按医嘱服用止泻药。

Call your doctor **right away** if you:

- Have chills, vomiting or fainting.
- Have a very strong thirst.
- Have a fever over 101° F or 38° C.
- Have pain in your stomach that is not eased by passing stool or gas.
- Have stools that are black or have blood in them.
- Feel very weak and tired.

Talk to your doctor or nurse if you have any questions or concerns.

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如有下列症状请立刻打电话给您的医生：

- 发寒、呕吐或昏晕。
- 强烈的口渴。
- 超过华氏 101 度或摄氏 38 度的发烧。
- 虽经大便或放屁，仍无法减轻胃痛，。
- 大便发黑或大便带血。
- 觉得非常虚弱和疲累。

如有任何疑问或关注事宜，请告知你的医生或护士。

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Diarrhea. Simplified Chinese