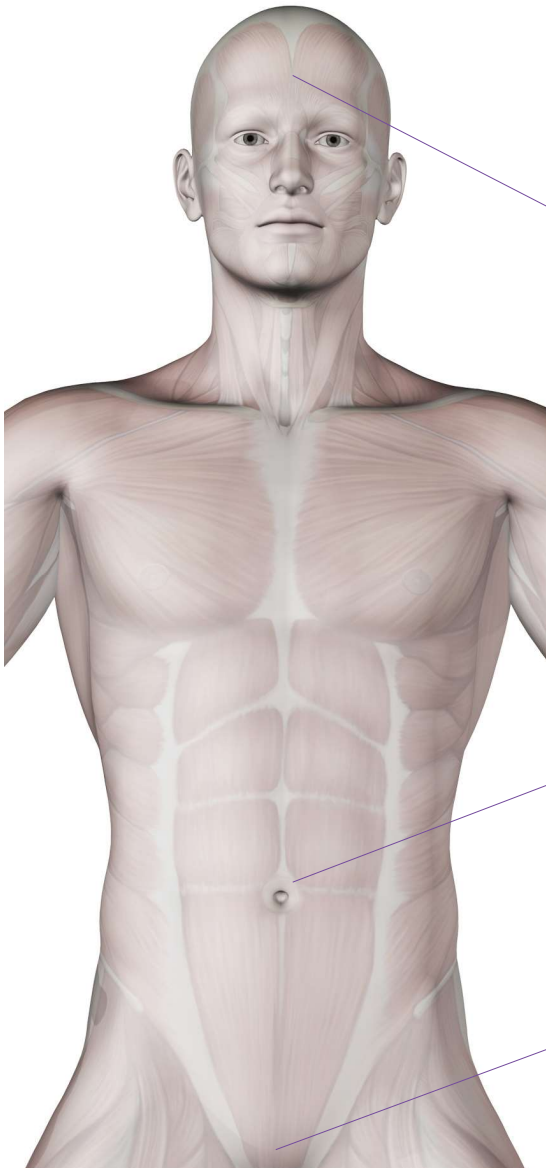


# Diarrhea/Stomach Problems

# What are the symptoms?

- Diarrhea or mushy stools
- Changes in your bowel movements (more or less frequent)
- Pain or cramping in the stomach
- Nausea (upset stomach) and vomiting (throwing up)
- Bloating in the stomach and/or gas
- Lack of interest in food
- Feeling very tired
- Fever

# Where are the symptoms?

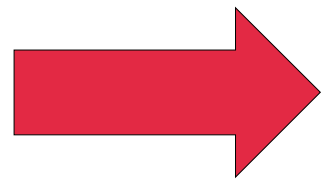


- Lack of interest in food
- Feeling very tired
- Fever



- Pain or cramping in the stomach
- Nausea (upset stomach) and vomiting (throwing up)
- Bloating in the stomach and/or gas

- Diarrhea or mushy stools
- Changes in your bowel movements (more or less frequent)

# Why should you report these symptoms early to your oncology team?



**Reporting symptoms early increases your chances of staying on your treatment**

- Steps can be taken to address your symptoms early
- Severe diarrhea  dehydration (falls, passing out)
- Damage to your colon  it stops working or ruptures

# How can I take care of my digestive system?

## DO

- Call your oncologist's office IMMEDIATELY if you have diarrhea
- Eat bland foods such as bananas, pudding, rice, toast, oatmeal, or crackers
- Drink water, weak tea, clear broth, watered-down juice, Pedialyte®, or sports drinks (Gatorade®, Powerade®), or suck on popsicles to prevent dehydration

## DON'T

- Eat spicy foods, high-fiber cereals, red meats, fats, dairy products, raw fruits (except bananas), vegetables, caffeine, alcohol, and sugar
- Use laxatives or stool softeners if you have diarrhea
- Take over-the-counter or prescription medications UNLESS INSTRUCTED by your oncology team

# Who will help me with stomach and bowel side effects?

## YOUR ONCOLOGIST



- Always call your oncologist first
- They'll manage most symptoms with temporary diet changes and medicine

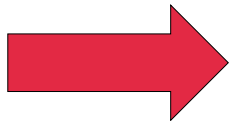
BUT, if symptoms progress

- A doctor who specializes in stomach and bowel issues (gastroenterologist) may need to help
- You may need steroids or a scan
- Severe or life-threatening symptoms
  - May require that you be admitted to the hospital and treated by a stomach and bowel specialist doctor
  - In that case, medicine may be given to you through an IV
  - Very rarely, surgery could be required

# When should I be most concerned?

If you experience

- Sudden, severe pain or tenderness in stomach
- Stomach issues with a fever



**Call your oncologist IMMEDIATELY and be prepared to go to the emergency room**