

Treatment of diarrhea

Diarrhea during cancer treatments must be treated as quickly and as efficiently as possible because untreated diarrhea may be severe. If you have slightly loose stools or occasional diarrhea, you can continue to monitor and treat the situation at home.

- It is important to drink plenty of fluids when you have diarrhea.
- Avoid dairy products that contain lactose during diarrhea.
- Start loperamide treatment immediately after the first occurrence of diarrhea (trade names e.g. Imodium®, Imocur®, Lopex®, Lopacut®). Take two capsules immediately after the first loose stool then one capsule after each loose stool that follows.
- The maximum dose of the medicine is eight capsules per day, but it is not to be used prophylactically.
- **If the diarrhea does not improve** in two days despite using the anti-diarrheal medication according to the instructions, or you have severe watery diarrhea or a fever, **go to emergency care.**
- **If you are on Capesitabine or Teysuno® medication** (cytostatic tablets taken at home), you must stop taking it, if you have diarrhea more than four times a day. If you need to stop taking the cancer medication, contact your treatment unit during office hours.
- **If you are receiving immunotherapy** and you have diarrhea, contact your treatment unit during office hours.