

Diarrhea--Tips for Coping

- Drink lots of water during the day. Aside from water, try diluted fruit juices and broths. Drink warm or room-temperature liquids, never chilled
- Drink liquids 30 minutes after meals, not during meals
- Eat foods containing [potassium](#) (e.g., bananas, potatoes, diluted fruit juices, cooked vegetables)
- Eat foods containing sodium (salt) (e.g., broths, saltines, pretzels)
- Avoid drinking milk and eating foods that are made from milk until you feel better (these foods may make your symptoms worse)
- Avoid high fiber foods (e.g., whole grains, nuts, beans, raw vegetables, fruits with seeds/skins) until you feel better
- Avoid alcohol and caffeine
- Try laying down 30 minutes after meals. Rest may slow down the digestive tract
- Stop taking vitamin C temporarily

Water soluble fiber supplements such as pectin may help form a firmer stool.