

# What if...

## you get colostomy diarrhoea?

**respond**  
making life better

### What is colostomy diarrhoea?

Colostomy diarrhoea is the frequent passage of watery waste from your colostomy. Sometimes but not always accompanied by tummy ache or cramps.

### What can cause colostomy diarrhoea?

- *Food Poisoning*
- *A tummy bug*
- *Sore medications*
- *Radiotherapy to the bowel*
- *Chemotherapy*
- *Emotional upsets, stress, anxiety, shock*
- *Diet.*

#### Hints and tips

- *Do not stop taking any prescribed medication without first discussing it with your doctor*
- *If symptoms persist, your doctor may require you to provide a stool specimen. He may also prescribe anti diarrhoea medication and rehydration solution*
- *Try to find ways of managing stress and anxiety*
- *Keep a food diary to identify and eliminate foods that may not 'agree' with you*
- *You may find a drainable pouch more convenient until the bout of diarrhoea has ceased.*

# What if...

## you get colostomy diarrhoea?

### Food and drink

Certain foods and drinks may cause a bout of diarrhoea for some people, yet for others will have no ill effects at all. Some foods and drinks are recognised as 'natural' laxatives and can include:

- *Some green vegetables*
- *Oranges, figs, prunes*
- *Spices*
- *Beer and lager*
- *Prune fruit juice*
- *Some low calorie sweeteners.*

Other foods and drinks can have the opposite effect, these include:

- *Under ripe bananas*
- *Smooth peanut butter*
- *Apple sauce made with cooked apples*
- *White rice*
- *Noodles and pasta (not wholemeal)*
- *Natural or probiotic yogurt*
- *Arrowroot*
- *Buttermilk*
- *Marshmallows (about 30 a day)*
- *Jelly babies (about 200g/8oz per day)*
- *Pretzels.*

**If a bout of diarrhoea persists for 48 hours or more, seek advice from your doctor or stoma care nurse.**