

Diarrhoea

Symptom Management

Diarrhoea may be due to your illness, treatment or medication. People's bowel patterns differ but let your doctor or nurse know promptly if you notice any changes.

What can I do?

- Drink plenty of fluids – approximately eight glasses a day - to avoid becoming dehydrated.
- Look out for the symptoms of dehydration - these include passing urine less often and passing small amounts of dark coloured urine.
- Eat small amounts frequently.
- Limit foods high in fibre such as fruit, vegetables, juice and cereals.
- Take anti-diarrhoea medications if your doctor prescribes them.
- Please also see our information leaflet: [Eating well when you have cancer](#) on the Patient Information Library which provides further information about diet and alterations in bowel habits.

When to call The Royal Marsden Hotline:

- You're having an increase of more than seven episodes of diarrhoea a day.
- If you experience new bowel incontinence.
- If you have severe stomach cramping.
- You notice blood or mucus when you go to the toilet.
- If you have a stoma and you have a severe increase in your stoma output with or without cramping and/or blood in your stools.

Contact us



The Royal Marsden Hotline: 020 8915 6899
(available 24 hours a day, 7 days a week)