Diarrhoea | Tikotiko

Dietetics and Nutrition Service

This advice is about what to eat and drink when you have diarrhoea (runny or watery poo more often than usual). It may be from being unwell, medications, or treatment. You may need to change what you eat to help thicken your poo and reduce diarrhoea.

Try these ideas

Sip drinks often	Sip at least 8 cups (2 litres) of fluid daily to keep you hydrated. Water is the best option. Coconut water, clear broth, diluted juice, and weak tea are great choices. Try oral hydration salts or solutions, like Electral® or Hydralyte®. An oral hydration drink recipe is below.
 **Eat small snacks**	Keep eating. Have small snack-sized meals every 2 to 3 hours so your body has time to process food. See the next page for foods to try.
 **Wash your hands**	After going to the toilet and before preparing or eating food. Use warm water and soap. Dry your hands well. Use hand sanitiser if soap and water are not handy.
 **Medications**	Talk to your pharmacist or doctor about medications you might need. If you are prescribed anti-diarrhoea medications, take them as prescribed.
 **Rest**	Stay at home and allow your body to rest and recover.

Homemade oral hydration drink

- 6 teaspoons sugar
- ½ teaspoon salt
- 1 litre of clean drinking water

Mix and store in the fridge for 24 hours
Sip slowly

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Foods to try

These foods are gentle on your gut and have soluble fibre, which slows the flow.

Plain carbohydrates
White bread or toast.
Crackers, pretzels.
White rice, plain pasta.
Porridge, corn flakes.

Fruits
Avocados, bananas.
Peeled, canned, or stewed peaches, apples, pears.

Soft-cooked vegetables
Peeled potato, kūmara, taro, carrot, pumpkin.

Dairy
Low-fat yoghurt and kefir contain probiotics to help gut health.

Vegetarian protein
Soft, cooked eggs.
Smooth peanut butter.
Tofu.

Meat
Plain chicken or fish.
Lean, tender meat.

Foods that can make diarrhoea worse

These foods are rough on the gut and can speed up the flow.

Fatty foods
Pastries, fried chips, pies, and sausages.

Spicy foods
Peppery foods, chilli, curries.

Grains, legumes, nuts, and seeds
Grainy bread, bran, muesli, whole nuts, seeds.

Fruit and vegetables
with seeds, pips, skins, and tough stalks.

Caffeine and alcohol
Strong tea and coffee.
Energy drinks.

Sweet drinks and sweeteners
Cordial, juice, fizzy drinks.
Sugar-free chewing gum, sweets, and mints.

Discuss any questions about diarrhoea with your dietitian, doctor, or nurse.
See your doctor if you have blood in your poos, weight loss, or still have diarrhoea.

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