

Managing Diarrhea for GI Cancer Patients

What is diarrhea?

Diarrhea is a common side effect of many gastrointestinal (GI) cancer treatments. These are signs of diarrhea:

- Your stool is loose or watery.
- You have many bowel movements.

How can I manage my diarrhea?

Get these medicines that help manage diarrhea:

- Imodium® (generic: loperamide) – 2 mg tablets or capsules, available without a prescription
- Lomotil® – prescribed by your doctor

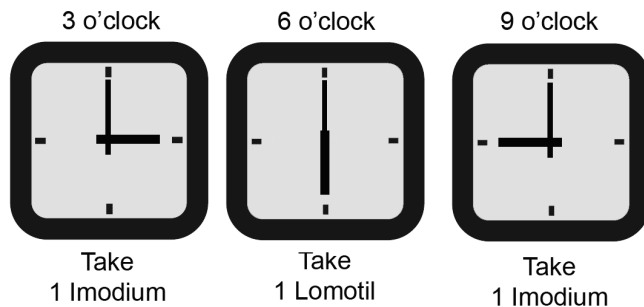
Take the medicines according to this schedule:

1. Take 2 Imodium pills by mouth at the first sign of diarrhea. Then take one pill every 2 hours if you keep having loose stools. Do not take more than 8 pills in 24 hours.

Stop taking Imodium when you have no diarrhea for 12 hours. If diarrhea starts again after 12 hours, repeat step 1.

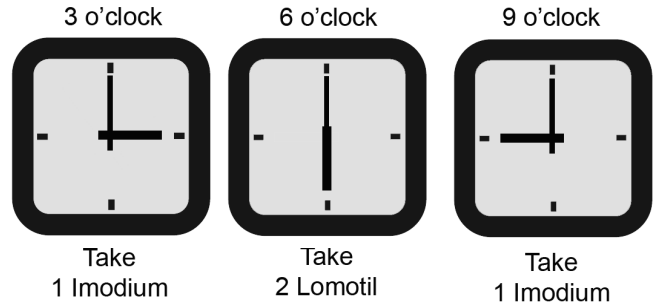
2. Taking Imodium alone may not stop your diarrhea. If you keep having 3 or more loose stools per day **after repeating step 1**, take 1 Lomotil pill and wait 3 hours. Then take 1 Imodium pill and wait 3 hours.

For example:



Stop taking both Imodium and Lomotil when you have no diarrhea for 12 hours. If diarrhea starts again, repeat step 2.

3. If you keep having 3 or more loose stools per day **after repeating step 2**, take 2 Lomotil pills and wait 3 hours. Then take 1 Imodium pill and wait 3 hours. For example:



Do not take more than 8 Lomotil pills in 24 hours. If you have had no bowel movement since taking the last pill, stop taking both Imodium and Lomotil.

If diarrhea starts again, repeat step 3.

Questions or concerns?

Please call your nurse at the number below.

801-587-7000

Monday–Friday, 8 a.m.–4:30 p.m.

After hours, weekends or holidays, ask for the cancer doctor on call.