

**Food Ideas to Help
Manage Diarrhea**

腹瀉可以為治療的副作用之一。如果您有腹瀉（較頻密和鬆軟的大便）超過2天，請聯絡癌症中心護士。

Diarrhea can be one of the side-effects of treatment. If you have diarrhea (frequent and loose bowel movements) for more than 2 days, contact a **nurse** at the Cancer Centre.

護士連同醫生可能會建議你服用藥物來控制腹瀉。按照他們規定的指示。

The nurse along with a physician may suggest that you take **medications** to control the diarrhea. **Follow** their directions as prescribed.

此外，你可能會認為以下的營養提議有幫助：

In addition, you may find the following **nutrition tips** helpful:

- 每天至少喝1.5 - 2公升的各種飲料（6-8杯）。這可幫助預防脫水的情況。慢慢地啜飲飲料也可能會有所幫助。飲料的例子包括水、果汁、營養飲料、如Ensure®、運動飲料、湯、和花茶等。限制咖啡因或含有酒精的飲料。
Drink at least 1.5 - 2 litres (6-8 cups) of a variety of fluids daily to prevent dehydration. It may be beneficial to sip fluids slowly. Examples of fluids are water, juice, liquid nutritional drinks such as Ensure®, sports drinks, soups and herbal tea. Limit caffeine or alcohol containing drinks.
- 嘗試小吃多餐和多點進食小吃。盡量每2-3小時吃一餐或小吃。
Eat small, frequent meals and snacks. Try to eat every 2-3 hours.
- 限制高纖維食物，如全麥麵包和含有麥麩、堅果、和種子的高纖維穀物。
Limit high fibre foods such as whole grain breads and high fibre cereals containing bran, nuts and seeds.
- 將水果和蔬菜的皮、籽、和薄膜除去。
Remove skins, seeds and membranes from fruits and vegetables.
- 限制玉米、西蘭花、菜豆、豌豆、綠葉蔬菜、梅、漿果、乾果、鷹嘴豆、和小扁豆。
Limit corn, broccoli, beans, peas, green leafy vegetables, prunes, berries, dried fruit, chickpeas and lentils.
- 盡量避免油膩、油炸、或太甜的食物。
Try to avoid foods that are greasy, deep fried, or too sweet.

- 如果你有嚴重的腹瀉，盡量避免牛奶及奶類製品。你可以嘗試用無乳糖的奶類飲料或豆漿來代替。
If you have severe diarrhea, try avoiding milk and milk products. You can try lactose-free milk beverage or soy milk as substitute.
- 如果腹瀉得到解決，您可以再次嘗試慢慢加入之前淘汰的食物；每次試一種。
- Once the diarrhea is resolved, re-introduce the foods you have eliminated one at a time.

如果按照上述指引後，你的症狀還沒有得到很好的控制、或者你的體重和食慾下降、請在你的中心要求與營養師聯絡。

If your symptoms are not well-controlled after following the above guidelines, you are losing weight and your appetite is decreased, ask to see a dietitian at your centre.

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