

## Self care instructions for Abdomen and Pelvis treatment

### Diarrhea and Cramps

- Drink room-temperature liquids between meals instead of with them.
- Drink plenty of liquids to replace fluid losses. Try Kool-Aid, lemonade, peach and apricot nectars, broth, gelatin, and flat caffeine-free sodas. Other juices should be limited to small amounts.
- Eat several small meals throughout the day rather than three large meals.
- Decrease the amount of roughage in your diet. Limit the use of whole-grain cereals and breads, fresh fruits and vegetables with seeds or skins, wheat bran, nuts, popcorn, and dried fruits.
- Include foods high in potassium in your diet since this mineral is lost with diarrhea. Some good sources of potassium are bananas, peach and apricot nectars, orange juice, and boiled, mashed, or baked potatoes.
- Eat applesauce, grated apples, ripe bananas, tapioca, dry white toast, crackers, or boiled white rice. These foods sometimes help reduce diarrhea.
- Eat nutritious, low-fiber foods such as yogurt, plain pasta, eggs, smooth peanut butter, white bread, lean skinless poultry, lean beef, fish, cottage cheese, and cream cheese.
- Limit foods and beverages that contain caffeine, such as coffee, strong tea, some sodas, and chocolate.
- Contact your physician if this condition persists for more than 48 hours.
- Use caution with milk and milk products because diarrhea may be caused by lactose intolerance.  
Low lactose dairy products may be appropriate. Ask your physician or registered dietician for advice.

# CANCER INSTITUTE PROGRAMS

## Don't

- Eat greasy, fatty, or highly spiced foods.
  - Eat raw vegetables.
  - Consume extremely hot or cold beverages.
  - Eat gas-forming foods such as carbonated beverages, cabbage, cauliflower, brussels sprouts, broccoli, beans, beer, and chewing gum.
  - Drink through a straw – you swallow air which may cause gas and cramping.
- Drink alcoholic beverages or caffeine-containing beverages such as coffee or tea; these substances increase the motility of the gastrointestinal tract.
- Drink apple, prune or pear juice, or eat artificially sweetened candies – these may have a laxative effect.

## Constipation

- Add one or two tablespoons of wheat bran gradually to your diet, along with extra liquids.  
Wheat bran can be added to cooked and cold cereals, casseroles and baked goods.
- Drink 8 to 10 cups of liquids daily, such as prune juice, water, fruit juice, hot tea, and coffee. Hot beverages often stimulate bowel activity.
- Participate in light exercise such as walking (if approved by your physician).
- Eat a diet high in fiber. Include whole grain breads and cereals, brown rice, fresh fruits and vegetables (with skin when possible), dried beans and peas, dried fruits, and nuts.
- Try high-fiber snacks such as sesame bread sticks, date nut bread, oatmeal cookies, fig bars, granola, prune bread, popcorn, and corn chips.

**Contact your physician for persistent or severe constipation**