

Tips

Nutritional advice

A nutritionist can give you further information and individual advice. Ask your treatment team for a recommendation.

Protective pads

Protective pads can be obtained from various suppliers, as well as in pharmacies, drugstores or supermarkets. If you prefer, you can have the products delivered to your home. There are companies who specialise in this service. They can be found using the search term "Incontinence products Switzerland". The treatment team can advise you on this.

Further information on this topic

- **«Managing Diarrhea»** (University Health Network, 2024) – Practical guide to manage diarrhea during cancer treatment, including causes, symptom relief, hydration, and diet tips
- **«Nutrition for People Living with Cancer»** (Cancer Council Australia, 2025) – Practical guide on nutrition for people with cancer, their families, and friends



Diarrhea

Good to know

Certain chemotherapies and radiotherapy of the abdominal region can lead to diarrhoea. The reason for this is often inflamed intestinal mucosa.

Diarrhoea appears as frequent liquid or watery stools (usually more than three times a day). Diarrhoea is sometimes also accompanied by abdominal pain or abdominal cramps. The quantity of stool perceived as normal is increased. Left untreated, prolonged diarrhoea can lead to serious health problems.

However, diarrhoea can often be controlled with simple remedies, and drugs are available for its treatment.

Diarrhea

You feel...	Or you notice...	What you can do for yourself...
	<ul style="list-style-type: none"> Bowel movements up to three times a day 	<ul style="list-style-type: none"> Eat and drink what you like. Bear in mind that spicy or fatty foods can make diarrhoea worse. Eat more constipating foods such as rice, boiled carrots or dark chocolate.
	<ul style="list-style-type: none"> Liquid or watery stools more than three times a day Abdominal cramps 	<ul style="list-style-type: none"> If you are receiving immunotherapy, contact the treatment team. Take the prescribed medicines for diarrhoea. Consume at least 2 litres of fluid per day: water, tea, drinks with no artificial sweeteners, clear broth, soup. Using hot water bottles or heat pads on your stomach can help ease stomach cramps; however, only use them if you have experienced these cramps before. Where possible, avoid wiping the anal area too roughly with toilet paper, as this can cause skin chafing. Gently clean the skin with water (e.g. with moist disposable wipes) and pat the area dry. If you have dry skin, you can then apply a moisturising wound healing cream. Use a suitable protective pad if you cannot fully control your bowel movements.
	<ul style="list-style-type: none"> More than 6 bowel movements per day, despite taking medication Fever of 38 °C and above, chills Diarrhoea accompanied by vomiting Dizziness and weakness Drinking less than usual Urinating considerably less than usual New stomach cramps 	<ul style="list-style-type: none"> Contact the treatment team.