

# South Wales Neuroendocrine Tumour Service



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## **Diarrhoea – General Advice**

Due to your NET you may experience a change in your bowel function. This advice sheet gives some general information on how you can manage this.

Diarrhoea is very common in patients with some forms of NETs. It may be related to surgery or due to carcinoid syndrome but can have a number of other causes.

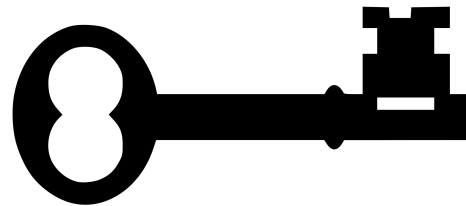
You may be started on treatment to help with diarrhoea or sent for further investigations.

The following tips may help you.

- **Drink plenty of fluids.** It is important to replace fluids lost through diarrhoea. It is normally recommended that we drink approximately 2 litres of fluids a day so with diarrhoea you should drink more. This is about 8-10 cups, mugs or glasses of hot or cold drinks. It is good to drink water or squash as part of this however it is best to avoid fizzy drinks as they may give you wind and abdominal pain.
- **Eat Sensibly.** It is always recommended that we eat a balanced diet however you may be able to identify trigger foods. It makes sense to avoid these. Some patients are referred to our dietician to help with changes to their diet.

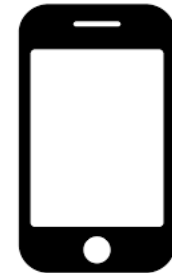
- **Avoid getting sore.** Having your bowels open often may cause you to get a sore bottom. Soft toilet roll, unscented moist toilet roll and barrier creams such as Sudocreme help with this.

- **Get a RADAR key.** These give you access to locked disabled toilets throughout the country. They are available online and cost less than £5.



- **Get a 'No Waiting' card.** Ask your nurse for a 'No Waiting' card. Show the card to staff in places like shops, offices, cafes etc to allow you to use their toilet without them asking awkward questions. They are available from Macmillan and NET patient foundation.

- **Get a Toilet App.** You can now get an app for your phone which shows you where the nearest toilets are to you. This is very useful when you are out-and-about.



- **Do pelvic floor exercises.** These help with control and leakage in men and women. There is a separate information sheet for these – please ask for one.
- **Loperamide** If you take this medication take it ½ hour before meals so that it starts working before you eat. It is often more effective in tablet form than capsule.