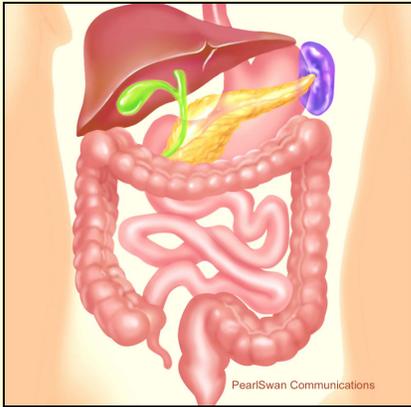


Patient Education Program

What You Should Know About Diarrhea



What is the ideal Bowel Movement?

The perfect bowel movement passes within seconds without pushing, straining or waiting for it to finish. It cleans easily, without messing the surrounding area. It does not cause pain, or bleeding.

How often should I have a Bowel Movement?

It would be best to have one bowel movement a day. However, it is not abnormal to miss a day or two, or have several in one day. So long as it passes easily, painlessly, and is not associated with abdominal cramps or bloating.

What is Diarrhea?

Diarrhea is a watery stool. It can occur once every several days or multiple attacks everyday. It is often associated with abdominal cramping and bloating.

What problems does Diarrhea cause?

Diarrhea can cause hemorrhoids, fissures and perianal excoriation. These can be quite painful. Diarrhea is harder on the hemorrhoidal area than constipation.

What causes Diarrhea?

The common causes of diarrhea include:

- Simple Irregularity (Its just how you are)
- Lactose Insufficiency
- Colitis; Food poisoning, Antibiotic associated, Ulcerative Colitis, Crohn's Disease
- Hormonal imbalances
- Mechanical blockage

What can I do to treat Diarrhea?

- Normal-Mild	Fiber Supplement; pill form
- Mild-Moderate	Lactose free diet, Imodium
- Moderate-Severe	Lomotil, Questran

For mild or moderate symptoms, start with a fiber supplement: Psyllium seed is the best. It is a natural product. It can help both Diarrhea, and Constipation. It has also been shown to lower your cholesterol.

How does Fiber work?

Fiber supplements work by absorbing water. This forms into a soft gel that mixes into what will become the bowel movement later in the week.

It is not a laxative. It does not work immediately. The dose you take today, affects the B.M. tomorrow.

- If your stools are firm, taking the **powder** form will absorb water you drink and mix it into the stool. Hard stools will become softer, and more frequent.
- When your stools are loose, the **pill** form will absorb excess water in your stool, and give you a more formed bowel movement. Loose stools will solidify, and come less often.

Your Program:

- Metamucil Citrucel _____

Pill Powder Cookie
Sugar-free/ Regular

One Teaspoon/Tablespspoon with 8 oz. of water;

Or ___ Pills with ___ oz's of water

- Once a day Twice a Day

If your peri-anal area is hurting?

It is important to clean perfectly. Cleanse with a tuck pad, and then pat the area dry. Leave a small piece of Charmin's jumbo, double ply, super absorbent tissue, up against the hemorrhoid area, to absorb moisture and keep the area dry.

Is there testing that I should have?

Depending on your age and risk factors for an underlying problem, your physician may advise:

- Blood testing, Stool testing
- Sigmoidoscopy
- Lower GI X-ray, or Virtual Colonoscopy
- Colonoscopy