

Diarrhea

Comfort Measures:

- 1) Investigate role of medications as the cause
- 2) Avoid foods known to cause or exacerbate loose stools
- 3) If appropriate, provide lactase and pancreatic enzymes
- 4) Control pain, constipation, nausea, vomiting, and other symptoms with proper medication
- 5) Practice good mouth care
- 6) Provide a pleasant environment for meals
- 7) Allow the patient to determine what and how much is to be consumed
- 8) Never try to persuade a patient to eat who is not hungry
- 9) Educate well meaning family members and others not to emphasize food or intake during their visit. This will frustrate the patient and/or induce guilt feelings
- 10) Arrange to have a bulk of favorite foods on hand and available on demand at any hour
- 11) Remember the goal is comfort, not nutritional support or repletion; e.g., if the patient desires only oatmeal at mealtime, provide it
- 12) Encourage loved ones to provide special home cooked meals. Advise loved ones that it is not an insult if the patient eats very little or none of this food

Medications:

- 1) Kaopectate 30-60cc, PO Q4H PRN
- 2) Lomotil, 2 T PO Q4H PRN
- 3) Imodium, 2 caps Q4H PRN; do not exceed 8 caps/24h
- 4) Paregoric, 5 cc PO Q4H PRN
Opium tincture, deodorized, alcoholic solution is equivalent to Morphine 10mg/ml;
0.3-1.0 ml PO QID with max dose 6ml daily
Opium Tincture, camphorated, alcohol solution; for each 5ml is 2mg Morphine,
0.2 ml anise oil, 20mg benzoic acid, 20mg camphor, 0.2ml glycerin, and ethanol;
5-10ml BID-QID until diarrhea subsides.