

DETERMINE CAUSE

- Have you had any food/drinks that may have upset your stomach or that you do not usually tolerate well?
- Have you had a meal which was eaten raw or had undercooked food?
- Have you taken antibiotics, laxatives or medications that may cause diarrhoea as a side effect?
- Have you travelled abroad recently and picked up an infection?
- Do you feel generally unwell?

INITIAL MANAGEMENT

- Monitor fluid intake and pouch output accurately
- Stop eating **high fibre** and **spicy foods**
- Add **extra salt** to your meals
- Drink **rehydration drinks** such as **E-Mix solution/ Dioralyte™** – 1 litre/24 hours
- **Restrict hypotonic fluids** to 0.5–1 litre/24 hours (tea, coffee, water, squash, etc.) and **hypertonic fluids** (juice, fizzy drinks, Ensure®)
- Eat foods **rich in potassium** – bananas, smooth peanut butter, potatoes, oranges
- Eat foods **rich in salt** – crackers and savoury biscuits (no seeds/nuts), crisps, cheese
- Eat **output thickening** food – bananas, white rice, apple sauce, white toast, mashed potatoes, marshmallows, tapioca pudding
- Take **Loperamide** as instructed, 30 minutes before meals and before bed
- Take **Codeine Phosphate** as instructed
- Take **anti-secretory medication** as instructed

IF NO IMPROVEMENT WITHIN 48–72 HOURS

Contact your Pouch Nurse or go to your local emergency department if your high output persists after 48–72 hours and you feel unwell or dehydrated.

FURTHER MANAGEMENT

ST MARKS E-MIX SOLUTION

- 6 level teaspoons of Glucose powder – 20 grams.
- 1 level teaspoon of Sodium Chloride (table salt) – 3.5 grams.
- Half a heaped teaspoon of Sodium Bicarbonate (baking soda) – 2.5 grams.

*Dissolve all the ingredients in 1 litre of water and sip over 24 hours. You can add a tiny splash of squash for a better taste or keep the solution refrigerated. **Do not add ice** as this dilutes the solution. The ingredients can be bought from the chemist or the supermarket.*

DIORALYTE™

- Mix 10 sachets in 1 litre of water.
- Alternatively, you can mix 2 sachets in a 200 ml glass of water, 5 times a day.

Drink the solution slowly over 24 hours. You can buy Dioralyte™ from the chemist or the supermarket.

Dioralyte™ is high in potassium therefore it needs to be taken with caution.

Types of fluids

Isotonic fluids	Hypotonic fluids	Hypertonic fluids
Fluids such as rehydration solutions (Dioralyte™ and St Mark's E-Mix) and drinks rich in salt (vegetable/meat stock, Oxo®, Bovril®, Knorr®) have ideal concentration of salt which helps your body achieve balance and stay hydrated by keeping water and salt in your body rather than moving it to your intestine where it is lost through the pouch.	Fluids such as tea, coffee, 'diet' drinks, water and squash bring salt from your body into your intestine.	Fluids such as juice, alcohol, energy drinks, fizzy drinks and Ensure® drinks bring water together with salt from your body into your intestine.
	Ironically, the more hypotonic and hypertonic fluids you drink, the thirstier you feel, as once salt and water are brought into your intestine you then start losing them through your pouch.	