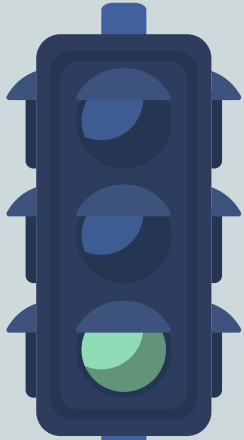


Diarrhea and breast cancer treatment: Finding your path to comfort

Diarrhea can be an uncomfortable side effect of treatment, but there are ways to ease your journey and keep things moving smoothly.



LIVING BEYOND
BREAST CANCER®



CAUSES

Treatments like **CHEMOTHERAPY** and **IMMUNOTHERAPY** can throw your digestive system off course—so can other therapies for breast cancer.

STAY HYDRATED

Drink water, broth, or electrolyte drinks to keep your body's engine running.

CHOOSE GENTLE FOODS

Stick to bananas, rice, applesauce, and toast (**BRAT** diet)—they're easy on your stomach and can help you feel more balanced.



For more information on MBC treatments that can cause severe diarrhea and what to do if this occurs scan here.



FATIGUE



AVOID SPICY AND GREASY FOODS

These can put your system in overdrive.

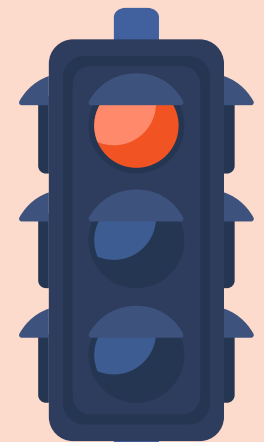
PAUSE ON CAFFEINE

It's best to wait until your system is more stable.

BLOATING



URGENT BOWEL MOVEMENTS



WHEN TO PULL OVER AND CALL YOUR CARE TEAM

- Diarrhea that's not improving
- Severe cramping or bloating
- Blood in your stool

Symptoms

- ACUTE
- PERSISTENT
- CHRONIC



CRAMPS

