

Side Effects: Diarrhea

One of the most common side effects of hepatitis C treatment is diarrhea. The symptoms of diarrhea are loose or watery stools

(poop). It can be caused by many things including the drugs to treat hepatitis C (HCV for short). Diarrhea can be a serious condition.

There are many things you can do to manage diarrhea. Try these simple steps:

- ◆ Eat a **BRAT** diet (**B**ananas, **R**ice, **A**pplesauce, **T**oast) – these are all bland foods that are easy on the stomach
- ◆ Stay away from the following foods and beverages
 - Spicy, fried or greasy food
 - Whole grain breads and cereals
 - Raw fruits and vegetables
 - Caffeinated beverages (coffee, sodas, sports drinks, etc.)
 - Hot and cold foods, and beverages
 - Tobacco and alcohol
 - Milk and other dairy products (butter, cream, ice cream, etc)
 - Stay away from certain meats (pork, veal, salmon, sardines
- ◆ Once the diarrhea improves slowly start to introduce other foods such as noodles, yogurt, weak tea, crackers, chicken stock

Notify your doctor or nurse if you notice any of the following.....

- ◆ Diarrhea lasts longer than 2 days
- ◆ There is blood in the poop
- ◆ Black poop
- ◆ High fever that lasts more than a day
- ◆ Severe stomach and gut cramping

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