

# Diarrhea

With diarrhea, you have bowel movements often or you have loose liquid stools. Diarrhea most often will last 2-3 days. If it lasts longer, it may be a sign of other problems. See your doctor if your diarrhea does not get better in 3 days or if it worsens. For babies and children, see a doctor if diarrhea lasts more than 1 day.

## Causes

- Infections, such as a virus
- Nervousness and stress
- Some medicines such as antibiotics or chemotherapy
- A side effect of some treatments
- Bowel diseases
- Bowel surgery or radiation to the abdomen

Some foods that can cause or make diarrhea worse:

- High fiber foods
- Spicy, fatty or fried food
- Food that is too hot or cold
- Milk and dairy products
- Alcohol
- Drinks or foods with caffeine such as coffee, tea, colas or chocolate
- Nutritional supplements such as Ensure or Boost. If you use a supplement and notice more diarrhea, talk to your nurse, dietitian or doctor.

# Shuban

Shubanka markaad qabto, marar badan ayaa saxaro ku qabanaysaa ama waxaa kaa imaanaya saxaro dareere ah oo jilicsan. Shubanku wuxuu badanaa ku dhammaadaa 2-3 maalmood. Haddii uu sii jiro in ka badan, waxaa laga yaabaa iney calaamad u tahay dhibaato kale. Takhtarkaaga u tag haddii shubankaagu uusan kaga soo raynin 3 maalmood ama haddii uu ka sii daro. Dhallaanka iyo carruurta, takhtarkaaga u tag haddii shubanku sii jiro in ka badan 1 maalmood.

## Sababaha

- Cudurka jeermiska leh, sida fayraska
- Niyad kacsanaan iyo diiqo
- Daawooyinka qaarkood sida antibiyootikada iyo isku daaweynta kiimikada
- Saameyn liddi ah ee daaweynada qaarkood
- Cudurrada saxarada
- Qalliin futada la isaga sameeyo ama shucaac uur ku jirta ku dhaca

Cuntooyinka qaarkood ee sababi kara ama shubanka uga sii dara:

- Cuntooyinka buunshuhu ku sarreeyo
- Cuntooyinka bas-baaska, dufanka leh ama la shiilay
- Cunto aad u kulul ama aad u qabow
- Caano ama waxyaabaha caanaha laga sameeyo
- Aalkolada
- Cabitaannada ama cuntooyinka kafeyiinka leh sida qaxwada, shaaha, coollooyinka ama shukulaatada
- Nafaqooyinka dheeraadka sida Ensure ama Boost. Haddii aad isticmaasho nafaqo kordhiye aadna isku aragto shuban, la hadal kalkaalisada, cunto qoraha ama takhtarka.

## **Your Care**

You need to be sure to keep drinking liquids when you have diarrhea. Eat as long as the foods do not cause more diarrhea or cramping.

Try these tips:

- Avoid milk and dairy products until your diarrhea has stopped.
- Drink at least 8 glasses of water each day.
- Eat small meals every 2-3 hours during the day.
  - Eat low fiber foods such as white bread, plain bagels, crackers, white rice, cooked vegetables, cream of wheat cereal or applesauce.
  - If foods cause cramping, eat a clear liquid diet for a day or two. Drink water, broth, Pedialyte, sports drinks, lemon lime sodas or decaffeinated tea. Plain jello and popsicles can also be eaten.
  - As your diarrhea gets better, try eating small amounts of bananas, rice, applesauce and toast. If your stools start to firm up again, add soft foods such as mashed potatoes and noodles. Slowly add other foods to your diet to see how your bowels react.
- Get plenty of rest and try to lessen your stress.
- Be sure to wash your hands well after each stool.
- After each stool wash your rectum with a soft cloth, warm water and mild soap. Rinse with plain warm water and then pat the skin dry.
- Soak in a warm tub of water to ease rectal soreness. Ask your doctor or nurse to suggest an ointment you can use if you get sore.
- Take anti-diarrhea medicine as ordered by your doctor.

## **Daryeelkaaga**

Waxaad u baahan tahay in aad xaqiijiso in aad sii waddo in aad cabto cabitaanno marka aad shubmeyso. Cun ilaa iyo inta cuntooyinku aysan shuban ama casiraad kuu keeneyn.

Isku day aaraa'daan:

- Ka fogow caano iyo waxyaabaha caanaha laga sameeyey ilaa iyo inta uu shubanku kaa istaagayo.
- Cab ugu yaraan 8 koob oo biyo ah maalin walba.
- Cun cuntooyin yar-yar 2-3 saacadood ee kastaba waqtiga maalintii.
  - Cun cuntooyin buunshuhu ku yar yahay sida rootiga cad, bagelka baleenka ah, qarjawleyaasha, bariiska cad, khudradda la kariyey, labeenta siiriyaalka qamadiga ama suugada tufaaxa.
  - Haddii cuntooyinku kuu keenaan casiraad, cun cunno dareere cad maalin ama labo. Cab biyo, fuud, Pedialyte, cabitaanno isboorti, cabitaanno liin ama shah aan kafeyiin lahayn. Jello cad iyo jalaatada la dhooqo ayaa sidoo kale la cuni karaa.
  - Marka uu shubankaagu ka soo raayo, isku day in aad cunto xaddiyo yar-yar oo moos ah, bariis, suugo tufaax iyo rooti la dubay. Haddii saxaradaadu ay mar kale sii adkaato, cunto jilicsan ku dar sida bataati la bur-buriyey iyo nuudalis. Si tartiib-tartiib ah cuntooyin kale ku dar cuntada aad cuneysid si aad u aragtid sida ay saxaradaadu noqoneyso.
- Aad u naso ka dibna isku day in aad yarayso diiqada.
- Xaqiiji in aad gacmahaaga si fiican u dhaqdo marka aad saxarooto ka dib.
- Saxaro kasta ka dib malawadka ku dhaq dhar jilicsan, biyo diirran ama saabbuun khafiif ah. Raaci biyo diirran oo cad ka dibna maqaarka engeji.
- Ku qoo tubbada biyaha oo diirran si aad u yarayso xanuunka futada. Takhtarkaaga ama kalkaalisada weydii in ay ku faraan boommaato aad isticmaali karto haddii uu xanuun ku qabto.
- Qaado daawo liddi ku ah shubanka sida hadba uu takhtarku kugu amro.

Call your doctor **right away** if you:

- Have chills, vomiting or fainting.
- Have a very strong thirst.
- Have a fever over 101° F or 38° C.
- Have pain in your stomach that is not eased by passing stool or gas.
- Have stools that are black or have blood in them.
- Feel very weak and tired.

**Talk to your doctor or nurse if you have any questions or concerns.**

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**Isla markiiba** takhtarka wac haddii aad isku aragto:

- Qar-qaryo, matagid ama suuxid.
- Oon aad xooggan.
- Qandho ka sarreysa 101° F ama 38° C.
- Xanuun caloosha kaa haya oo la yaraanaya saxarada ama dhuusada.
- Saxaro madow ama uu dhiig ku jiro.
- Dareento daciiftinnimo iyo daal.

**Takhtarkaaga ama kalkaalisada la hadal haddii aad wax su'aalo ama walaac ah qabtid.**

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Diarrhea. Somali