

What is Diarrhoea?

Loose, watery and more frequent stool, three or more times in a day

Infections

Infection by bacteria (the cause of most types of food poisoning) or other organisms such as viruses, and parasites can lead to diarrhoea. The most common cause of diarrhoea in adults is the norovirus, and rotavirus in children.

Medications

Diarrhoea is a common side effect of many medications and antibiotics. Antibiotics eliminate both beneficial and pathogenic bacteria and disrupt the gut microbiome which can increase risk of diarrhoea.

Travellers Diarrhoea

Travellers' diarrhoea is used to refer to specific bouts of infection whilst travelling abroad. Typically as a result of drinking contaminated water or eating contaminated foods, and particularly in areas with poor public hygiene or sanitation.

Diarrhoea Symptoms

the event of passing watery, loose stools 3 or more times in a day

Diarrhoea is a common digestive disorder characterised by urgent, frequent, loose, or watery stool. In normal circumstances, it can occur when the digestive system fails to properly absorb water or nutrients from food and drinks consumed, leading to an increase in fluids and subsequently soft stool. It can also be accompanied by symptoms such as bloating, abdominal cramps, urgency to have a bowel movement, nausea, vomiting, and dehydration. Risk of diarrhoea can be reduced by properly preparing food, protecting yourself against infections, and following good hygiene practices.

Diet & Nutrition

Diet and Lifestyle support for Diarrhoea

Diarrhoea can be effectively managed through diet and lifestyle. This may include replacing lost fluids and electrolytes to prevent dehydration. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may be contributing to an individual's symptoms and health issues. While there isn't a one-size-fits-all solution for diarrhoea, personalised dietary and lifestyle suggestions can significantly reduce the frequency, severity, and occurrence of symptoms.

