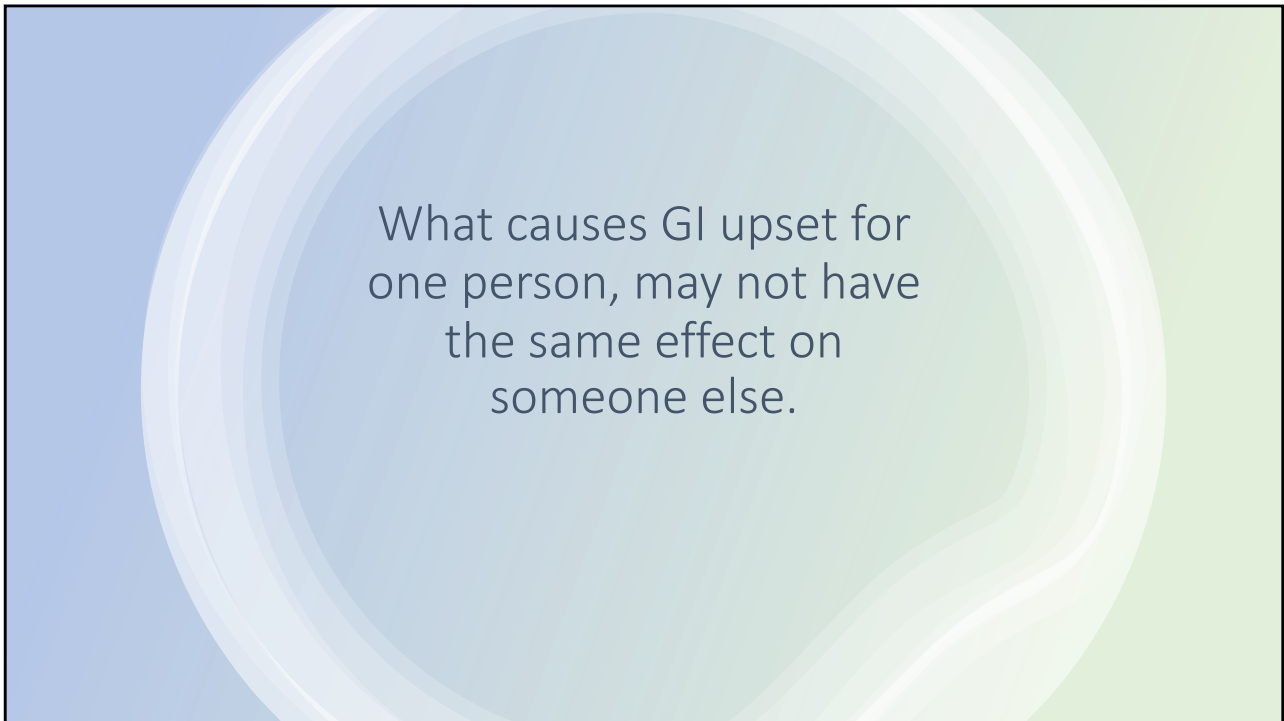


Potty Talk

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1



What causes GI upset for one person, may not have the same effect on someone else.

2

“The Usual Suspects”

Capecitabine (Xeloda)	Doxorubicin (Adriamycin)	Doxorubicin Liposomal (Doxil)	Idarubicin (Idamycin)	Paclitaxel (Taxol)
Docetaxel (Taxotere)	Paclitaxel protein bound (Abraxane)	Pertuzumab (Perjeta)	Trastuzumab (Herceptin)	Cetuximab (Erbix)
		Abemaciclib (Verzenio)	Fam-trastuzumab Deruxtecan-nxki (ENHERTU)	

3

Constipation

Symptoms

- Small, hard BMs
- No regular BMs x 3 days
- Passing small amounts of soft or liquid stool
- Stomachache or cramps that happen often or don't get better
- Passing large amounts of gas or frequent belching
- Swollen/enlarged belly
- Nausea/vomiting

When to Call MD

- No BM x 3 days
- Blood in stool or on the tissue
- Rectal pain
- No BM within 1 day of taking prescribed laxative
- Nausea/vomiting
- Abdominal pain, cramping, swelling

4

2

Nutrition Interventions

Bowel Regimen

Fiber – 25g/day women,
38g/day men

- Insoluble fiber – bran, flaxseed, wheat germ, inulin
- Fiber supplement – helpful when NOT caused by pain medications

Hydration – 64 – 80 oz.
fluid daily

- Warm water beverages, especially in the morning
- Prune Juice – can also try apple, peach, pear nectars (hit or miss)

Food-related probiotics –
fermented foods

5

Pharmacology

Meds

- Stool softener (Colace)
- Osmotic laxatives - Polyethylene glycol 3350 (MiraLAX), Magnesium hydroxide (MOM), magnesium citrate
- Stimulant laxatives – bisacodyl (Dulcolax), Sennosides (Senokot, Ex-lax)
 - Stimulates peristalsis. Should only be used for a few days.
 - Pain meds – stimulant laxative + stool softener
- Opioid antagonist – Relistor, Amitizia

Herbals

- Probiotics, slippery elm, aloe juice, cascara sagrada


6

What's worked for you?



7

Diarrhea



Increase of 3+ BMs per day, increase in liquidity

Can lead to:

- Dehydration
- Electrolyte imbalances
- Unintentional weight loss
- Fatigue
- Nutrient insufficiency and deficiency
- Malnutrition
- Skin irritation

8

Nutrition Interventions

Small, frequent meals + cooking methods

Hydration – 64 – 80 oz/day

- Add 8 oz. per loose BM
- Electrolyte-containing foods and fluids, ORS

Fiber

- Consider low-fat, low-insoluble fiber, low-lactose – any combination
- Increase soluble fiber food – pectin, applesauce, bananas, oatmeal, potatoes, rice
- Psyllium – Metamucil, Citrucel

Limit gas-forming foods (if needed)

- Cruciferous veggies, legumes, avoid the use of straws, avoid chewing gum
- Reduce/eliminate caffeine, alcohol, highly spiced foods

Avoid sorbitol or other products containing sugar-alcohols

Probiotics: *Saccharomyces boulardii*, *Lactobacillus rhamnosus GG*

9

Pharmacology

Opioid receptor agonist:
Imodium, Lomotil

Opioids: Tincture of opium

Anti-inflammatory, anti-diarrheal” Pepto-Bismol, Kaopectate

Bile acid sequestrant:
Cholestyramine (Questran)

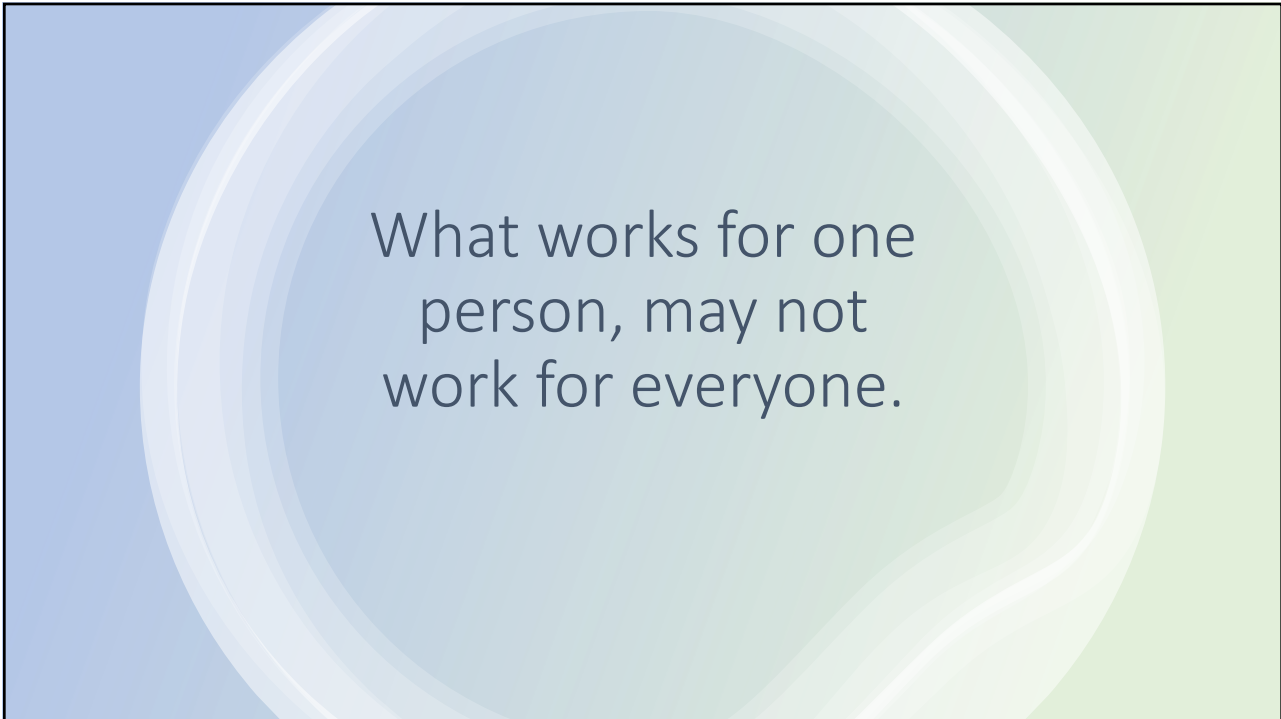
10

What's worked
for you?



11

What works for one
person, may not
work for everyone.



12