

What can I do about diarrhea (watery, runny poop)?



Things I can do with my family

Some patients have found these strategies helpful:

- Making sure you drink enough fluids such as water. Avoid fruit juices and carbonated drinks (like pop, soda) as they can make diarrhea worse
- Eating regularly and having a balanced diet. See [Canada's food guide](#)

Things I can do with my care team

After discussing your SSPedi score and symptoms with your care team, they may:

- Look for causes of diarrhea
- Stop your laxatives (like PEG Flakes), if you are taking them
- Consider if medications would be helpful in treating your diarrhea depending on the cause

When should I contact my care team?

Remember that SSPedi scores are not monitored 24/7. Please call your care team if you:

- Have blood in your diarrhea
- Have diarrhea that lasts for more than 24 hours
- Can't drink fluids
- Have severe abdominal pain