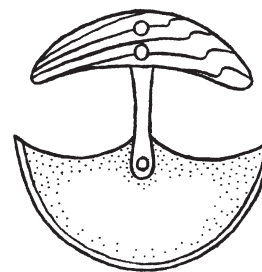


Information for Inuit Community Members

Fact Sheet 3 HIV/AIDS -Related Illnesses



DEALING WITH DIARRHEA (the runs)

Many people who take medicine for HIV or AIDS have problems with diarrhea or loose poop. For some people it can be a very difficult side effect to deal with because it makes them feel that they have no control over their body. Diarrhea is usually worse when you first start taking new medicines. As your body gets used to the medicines, the diarrhea may stop. However, you may still get the runs every once in a while as long as you are taking HIV medicine. If you find that you have diarrhea for more than three days at a time or if it happens very often you should make sure to tell your doctor.

What you eat can help or hurt!

Foods that can make diarrhea worse:

- ◆ Corn
- ◆ Popcorn
- ◆ Nuts or seeds
- ◆ Vegetables
- ◆ Caffeine (pop, coffee, tea)

Do not eat these foods when you have diarrhea!

Foods that can help stop diarrhea:

- ◆ Applesauce or peeled apples
- ◆ White rice and barley
- ◆ Oatmeal and oat bran
- ◆ Bananas
- ◆ Dried Apricots
- ◆ Yogurt

Diarrhea can take too much water out of your body and it is important to add water to your body. Some of the ways you can do this are:

- ◆ Drinking Gatorade mixed with water– half water and half Gatorade
- ◆ Drinking a glass of the following mixture: _ teaspoon salt, _ teaspoon baking soda and 4 tablespoons of sugar in a litre or quart of boiled water.

Some other things that can help:

- ◆ Metamucil
- ◆ Imodium
- ◆ PeptoBismol

