



## Managing Severe Diarrhea



**You need to stay hydrated; weigh yourself frequently and replace every pound lost with a pint of fluid.**

At the drugstore you can find *oral rehydration solutions* that are made with rice syrup and contain electrolytes (minerals). It's a new discovery that these solutions are very useful in reducing HIV-related diarrhea. Two common products are called Infalyte and Ceralyte. Ceralyte is a new powder; you mix it with water and drink. Keep some handy. Buy it mail-order from Cera Products: 1-888-237-2598.

Start your day just drinking 3 to 4 glasses of (rice-based) oral rehydration solution through the morning. Then try some sports electrolyte drink, like Gatorade. Then progress to diluted juices if tolerated.

*Your intestines and body still need protein, calories, vitamins, and minerals.* Your system cannot handle regular solid food, so use a *liquid meal supplement*. You need a supplement that has medium-chain triglycerides (MCT oil) as the source of fat calories. Lipisorb is a supplement drink that gives you high-quality milk protein, carbohydrates, and MCT oil. You need to dilute it about 50:50 with water. Two or three servings a day can help nourish the cells lining your intestines.

### Here is a Sample Diet for Days with Severe Diarrhea

**Drink something every hour; more if you are losing weight. Take your time sipping the liquids.**

8:00 AM – 8 oz. Oral Rehydration Solution	4:00 PM – 8 oz. Lipisorb Supplement with added water
9:00 AM – 8 oz. Oral Rehydration Solution	5:00 PM – 8 oz. Cranberry juice cocktail, and 8 oz. water
10:00 AM – 8 oz. Gatorade or Oral Rehydration Solution	6:00 PM – 8 oz. Oral Rehydration Solution
11:00 AM – 8 oz. Diluted apricot nectar or Gatorade.	7:00 PM – 8 oz. Mint tea with honey
12:00 PM – 8 oz. Lipisorb Supplement with added water	8:00 PM – 8 oz. Lipisorb, with added water
1:00 PM – 8 oz. Gatorade or Oral Rehydration Solution	9:00 PM – 8 oz. Gatorade or other sports drink
2:00 PM – 12 oz. Ginger ale, plus some ice and water	10:00 PM – 12 oz. Ginger ale or apple juice, plus water
3:00 PM – 8 oz. Hawaiian Punch, mixed with 8 oz. water	11:00 PM – 8 oz. Oral Rehydration Solution