

Nutrition Interventions for Treatment of Antibiotic-Induced Diarrhea



Nutrition Alert

New onset of diarrhea with or without antibiotic use

NO →

Continue Plan of Care

YES ↓

Inform MD and Family of Diarrhea and/or c-difficile Diagnosis Refer to Dietitian for Assessment

- Physical Assessment: Body fat/muscle wasting, declines in ADLs and/or handgrip strength, skin assessment edema
- Diagnoses, anthropometrics, food, fluid & nutrient needs, adequacy of intake, laboratory values, medications.
- Evaluate other symptoms including abdominal pain, frequency, consistency and color of stools, electrolyte and hydration status.
- Determine potential reasons for diarrhea, including recent or current antibiotic use, other diarrhea-inducing medications, diagnoses of gastroparesis, constipation, impaction or gastroenteritis.

Implement Interventions as recommended/appropriate and revise Plan of Care

Nutrition Interventions

- Recommend c-diff culture if not already done
- Consider oral rehydration fluids to replace lost electrolytes and fluids (Pedialyte,, CeraLyte)
- Consider IV fluids if patient is unable to take adequate fluids or shows signs/symptoms of poor hydration
 - Change diet to clear liquids and advance as tolerated
- Stimulate GI tract with slow re-introduction of foods - low-fiber, low-fat, lactose-reduced
- Avoid caffeine, foods and fluids high in simple sugars and lactose-containing foods temporarily
- Consider restoration of normal flora with use of *S. boulardii*, *Lactobacillus acidophilus* or bifidobacteria bifidum
- Consider **Thrive Ice Cream** containing 4 helpful probiotics, and 3 1/2 fl oz for volume restoration
 - Use banana flakes or other pectin product to thicken consistency of stools
- Follow proper sanitation guidelines and hygiene to avoid spreading bacteria; isolation if needed
 - Monitor intakes and diarrhea for one week and follow up

Diarrhea resolved? In-take adequate?

YES →

- Advance diet to previous
- Maintain dietary restriction for one week
- Follow up in one week

NO ↓

- Continue Plan of Care
- Add high-calorie, lactose-reduced supplements containing probiotics such as Thrive Ice Cream
- Continue to monitor frequency of diarrhea
- Follow up in one week

Diarrhea resolved? In-take adequate?

NO →

- Contact physician to discuss further treatment and options

YES →

- Eliminate restrictions and return to previous diet
- Add high-calorie supplements such as Thrive Ice Cream to replete nutritional stores