

Antibiotic Associated Diarrhea

What is it?

- Taking antibiotics may cause diarrhea. The antibiotics kill many of the normal bacteria in your intestines (gut).
- Often, the diarrhea is mild and goes away when you finish taking the antibiotic.
- Some people may get a more serious type of diarrhea.

How can I prevent it?

- If you can, eat dairy products while taking antibiotics, eat a serving of yogurt 2 times a day. Continue eating yogurt for 7 days after you have taken all of the antibiotics. Yogurt has many of the normal bacteria that you need for a healthy gut.
- When taking certain antibiotics you cannot have dairy products. If this is the case, start eating yogurt after you have finished all of the antibiotics. Eat 2 servings of yogurt 2 times a day.

Is there treatment for it?

- Do not take any medication used to stop diarrhea such as Immodium™ or Kaopectate™ without talking to your doctor.
- Mild diarrhea may stop as soon as the current antibiotic(s) are no longer taken.

Talk with your doctor or health care provider right away, if you have:



- severe and/or bloody diarrhea, abdominal (stomach) pain or fever. Tell them you are taking antibiotics.
- diarrhea that continues after you finish taking the antibiotics.
- diarrhea that starts after you finish taking antibiotics.

For more information

Public Health Agency of Canada

<http://www.phac-aspc.gc.ca/id-mi/cdiff-eng.php>

UnlockFood.ca

<https://www.unlockfood.ca/en/Articles/Digestion/The-Pros-of-Probiotics.aspx>

**Stop the spread of germs and infection.
Clean your hands.**

