

Post COVID syndrome (Long COVID): Diarrhea

Post COVID syndrome or Long COVID is when symptoms from a COVID-19 illness lasts four or more weeks after an infection. These ongoing symptoms can start at any time after infection and last for different lengths of time. You may have some or all the ongoing symptoms, but you are not alone. Your doctor and health care team are here to help you manage those symptoms and get the care that you need. Below are some tips on how to manage **diarrhea**.

ABOUT	WHAT YOU SHOULD DO AT HOME	WHEN TO CALL FOR HELP
<p>Diarrhea is different than a regular bowel movement as it is loose and watery stool. It is often the body's way of trying to get rid of what caused an upset stomach. Viruses, such as COVID-19, medicines and food poisoning can cause diarrhea. Because of the loss of water from diarrhea, it is important to replace the fluids in the body to prevent hydration. Diarrhea after COVID-19 should stop on its own within 2 to 4 weeks.</p>	<ul style="list-style-type: none"> • Drink plenty of fluids. Choose water and other caffeine-free clear liquids until you feel better. If you have kidney, heart, or liver disease and must limit fluids, talk with your doctor before you increase your fluids. • Try yogurt that has live cultures of lactobacillus. Check the label. • Avoid spicy foods, fruits, alcohol, and caffeine until 48 hours after all symptoms are gone. • Avoid dairy products (except for yogurt with lactobacillus) while you have diarrhea and for 3 days after symptoms are gone. • Your doctor may recommend over-the-counter medicine, such as loperamide (Imodium), if you still have diarrhea after 6 hours. Read and follow all instructions on the label. Do not use this medicine if you have bloody diarrhea, a high fever, or other signs of serious illness. Call your doctor if you think you are having a problem with your medicine. 	<p>Call your doctor if:</p> <ul style="list-style-type: none"> • your bowel movements are still watery for more than 4 weeks so your condition can be rechecked. <p>Call 911 if:</p> <ul style="list-style-type: none"> • you are dizzy or lightheaded, or you feel like you may faint • your stools are black and look like tar, or they have streaks of blood • you have new or worse belly pain • you have symptoms of dehydration, such as: <ul style="list-style-type: none"> » dry eyes and a dry mouth » passing only a little urine • you passed out (lost consciousness) • your stools are maroon or very bloody

For more information, visit kp.org/doctor.

Disclaimer: This information is subject to change as new information is received daily. This information is current as of September 7, 2021.

HEALTH ENGAGEMENT

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