

RUNNER'S DIARRHEA

HOW TO PREVENT IT



RUNNING/
RACEWALKING

↓
Splanchnic
blood flow
+ reperfusion

↑
Bacterial
translocation
Permeability
Intestinal barrier
function loss

RUNNER'S
DIARRHEA



RISK FACTORS

Heat, Long-duration or exercise, jostling of the digestive tract, non steroidal anti inflammatory (NSAID), Bicarbonate, Caffeine,

High fiber/fructose diets, Fermentable Oligo-, Di-, Mono-saccharides and Polyols (FODMAPs), race drinks with high CHO contents

SOLUTIONS

TRAINING THE STOMACH & GUT



Train with relatively large volumes of fluid



Training immediately after a meal



Training with relatively high CHO intake during exercise



Simulate the race nutrition plan

REMOVAL OF OFFENDING FOODS OR MEDICINES IN DIARRHEA-PRONE ATHLETES

