

After-Diarrhea Flare Food Step Card

Use this card after the worst diarrhea phase is settling. If warning signs are present, stop self-sorting and get medical guidance.

1. Stop Signs First

Do not troubleshoot food at home if you have blood or black stool, fever, severe or worsening pain, repeated vomiting, fainting, confusion, signs of dehydration, nighttime diarrhea, or symptoms that are clearly different from your usual IBS pattern.

2. Replace Fluids Before Perfecting Food

If diarrhea is frequent, watery, paired with vomiting, or happening in heat or sweating, fluid and salt replacement may matter more than choosing the perfect food. Use oral rehydration solution according to product directions or medical advice when dehydration risk is meaningful.

3. First Meals Back

Choose familiar simple foods you usually tolerate. Examples may include rice, potatoes, oats, toast, bananas, eggs, chicken, broth-based soup, or lactose-free yogurt if already tolerated. Keep portions modest and avoid stacking several new foods at once.

4. Rebuild the Plate

When appetite and stool pattern are improving, move from snacks to a small plate:

- one simple starch
- one protein
- fluid
- a gentle fruit, vegetable, or soluble-fiber source if tolerated

5. Return Toward Variety

Do not turn one flare into an indefinite bland diet. Add one variable at a time: a larger portion, a different grain, a vegetable you usually tolerate, or a fiber source that matches your stool pattern.

Next Route

- Fluid-loss concern: oral rehydration route
- Meal-triggered urgency: urgency-after-meals route
- Ongoing IBS-D treatment question: IBS-D options route
- Low-FODMAP maintenance fear: diet-diversity route
- Persistent, severe, or different symptoms: clinician route