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Loose stool causes

So i have been getting loose stools since 3 years now and it all started when i travelled to and fro and eating food from the outside. I consulted doctor and took medications but it still continued. I see that the consistency and frequency has quite reduced now but i still get loose stools twice per day. Sometimes i also feel mild lower abdominal pain and rectal pain (more like a discomfort) while taking poop. I get no stomach pains or so nor do i loose weight. I have been stressed too for quite long and this is making me feel more stressed. Can someone give the right cause please? Much appreciated Bloating, gas, and watery, soft bowel movements characterize loose stool or diarrhea. While some causes of diarrhea can be attributed to singular instances such as eating too much greasy or spicy food or alcohol consumption, others are more serious, from a virus to an underlying digestive disease or illness. Recurring diarrhea can result in dehydration and other complications. 1. Changes in Diet Some people cannot digest lactose, gluten, or alcohol sugars, and eating them results in loose stools or a bout of diarrhea (frequent loose stools over a period of days). Sugar alcohols exist in fruits, vegetables, and artificial flavorings. Greasy food with high amounts of fat, or overly spicy foods can cause excess mucus to form in the gut and small intestine, making the food travel faster and causing looser stools. JazzIRT / Getty Images Diarrhea is a common struggle for people with Crohn's disease — and it can also exact a serious toll on their quality of life, triggering everything from sleep problems to anxiety to difficulty working.“It’s one of the most frustrating symptoms of Crohn's disease,” says James F. Marion, MD, a gastroenterologist, professor of medicine and gastroenterology, and director of education and outreach at the Susan and Leonard Feinstein Inflammatory Bowel Disease Clinical Center at Mount Sinai Hospital in New York City.Here’s what’s happening inside the body: Crohn’s disease causes episodes of acute inflammation (known as flares) in the colon, which interfere with water absorption as food passes through your system. When that occurs, people experience the loose and frequent bowel movements of diarrhea, according to the Crohn's & Colitis Foundation (CCFA). Here's how to find relief.Although diarrhea can be caused by a Crohn's flare, it can also be caused by dietary intolerances, celiac disease, and certain gut bacteria, so it's important to find out what exactly is triggering the symptom, says Ashwin Ananthakrishnan, MPH, a gastroenterologist with the Massachusetts General Hospital Digestive Healthcare Center’s Crohn’s and Colitis Center in Boston. If you suspect you're having a Crohn's flare, call your doctor to figure out if you need changes to your medication regimen.Diarrhea can be a response to certain foods, even if you aren’t experiencing any active inflammation, Dr. Marion says. Double down on your efforts to avoid dietary triggers, including:DairyCoffeeAlcoholRaw fruit and veggiesThese triggers can differ from person to person, so if you haven't yet isolated yours, Marion advocates getting help from a specialist. “A good working relationship with a dietitian is invaluable for patients with inflammatory bowel disease,” he adds.If your doctor has confirmed via imaging tests or a colonoscopy that active Crohn's disease isn’t triggering your loose stools, you may want to ask about being tested for lactose intolerance or celiac disease — two big causes of diarrhea. You can also try using a food elimination diet to determine the dietary culprits. Start by cutting out dairy or gluten, Ananthakrishnan says, and see if your symptoms improve.If you have diarrhea, it's important to eat nutritious foods to replace the vitamins and minerals you've lost. But you also want to eat light and healthy. Foods that are greasy, fried, or high in fat can aggravate your digestive tract and worsen diarrhea, according to the CCFA. To further lessen the load on your digestive tract, opt for small, frequent meals rather than three big ones.If you have diarrhea and bloating, you may want to try a low-FODMAP (fermentable oligosaccharide, disaccharide, monosaccharide, and polyol) diet over the long term, Ananthakrishnan says. A low-FODMAP diet has benefited some people with inflammatory bowel disease, according to research published in 2015 in Gastroenterology and Hepatology.FODMAPs are typically high-carb foods that aren't well absorbed, including:Dairy products (lactose)Fruit and sweeteners (fructose)Grains and some vegetables (fructans)Chickpeas and other legumesThese foods boost fluid levels in the bowel and cause intestinal gas, according to Harvard Health Publications, and cutting back on them can improve the symptoms of irritable bowel syndrome, which can share some symptoms with Crohn's, including diarrhea.Eating a bland diet can help calm your system until the inflammation fades. “The classic BRAT diet — i.e., bananas, rice, applesauce, and toast — is easy to remember,” Marion says. And because these foods are so gentle on the stomach, they can help you manage diarrhea. (Plus, they create firmer stools, notes the American Academy of Family Physicians.) Bananas are also a great source of potassium, which you may be short on after a bad bout of diarrhea.Diarrhea can lead to dehydration, so drink plenty of water until it passes. “Keeping up with the fluid losses due to diarrhea is extremely important,” Marion says. The amount of water people need can vary, but Marion recommends drinking enough clear fluid to maintain light-colored urine. Skip caffeinated beverages, which can worsen diarrhea, says the CCFA, and opt for diluted fruit juice and low-sugar sports drinks instead.Some supplements can worsen gastrointestinal symptoms and may contain aggravating ingredients, such as lactose, sugar alcohols, preservatives, and artificial colors, the CCFA notes. If you're taking supplements to correct deficiencies, such as iron, B12, or vitamin D, ask your doctor if the formula is to blame. And always consult with your doctor before starting any supplements on your own to make sure that they won't worsen existing diarrhea.Over-the-counter antidiarrheal medication should be used only under your doctor's guidance, Marion says. If your diarrhea is caused by active Crohn's disease, taking an antidiarrheal wouldn't be appropriate, Ananthakrishnan adds.For comfort, try the following steps, suggests the CCFA:Skip regular toilet tissue in favor of a moist wipe.Keep the anal area clean and dry.Apply a skin protection ointment to prevent irritation.Soak in a warm bath.Also, remember to get plenty of sleep and minimize stress, which can sometimes worsen diarrhea. We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here’s our process. What are loose stools?Loose stools are bowel movements that appear softer than normal. They can be watery, mushy, or shapeless. In some cases, they may have a strong or foul odor.There are many possible causes for loose stools. They frequently happen after eating, but they can also occur throughout the day.It’s important to understand the difference between loose stools and diarrhea. If you have diarrhea, you’ll also have loose or watery stools. However, if you have loose stools from time to time, it doesn’t mean you have diarrhea.In order for loose stools to be considered diarrhea, they have to occur repeatedly. If you have loose stools three or more times per day, then it’s diarrhea.The most common symptoms of loose stools include:watery stoolssoft or mushy stoolsshapeless stoolsYou may also have other gastrointestinal symptoms including:stomach crampsstomach painnauseaYou may have either chronic loose stools or loose stools after eating. It’s important to know the difference between these conditions.A loose stool after eating is usually not a long-term problem and may be a one-off event. However, chronic loose stools can be an issue for weeks. You can tell if you have chronic loose stools by keeping track of how long the symptoms last.Loose stools after eating can be an indication of food poisoning, lactose intolerance, or infections. You may also have loose stool after eating if you’re taking too much magnesium or have been drinking too much coffee. Certain foods, such as spicy or oily foods, can also create loose stools.Chronic loose stools are usually caused by other medical conditions. You may have:irritable bowel syndromeceliac diseaseulcerative colitisbile acid malabsorptiondumping syndromeThere are many potential causes of loose stools.Food and drinksSome drinks and food can cause loose stools. Coffee is a common cause because it stimulates the intestinal muscles. Oily and spicy foods are also a problem for some people because they can irritate the stomach. These can also cause loose stools:alcoholfructosesugar alcoholsFood poisoning and infectionsViruses, bacteria, or parasites can cause food poisoning. Loose stools can be the result of inflammation from these infections. You may also have other symptoms such as:nauseafeverstomach crampsvomitingMedications and supplementsCertain medications and supplements can cause loose stools. For example, taking too much magnesium can be a problem. Taking too many laxatives can also affect your bowel movements. In addition, drugs such as antibiotics or chemotherapy can cause loose stools, too.Lactose intoleranceIf you have lactose intolerance, then loose stools may be a problem. People with lactose intolerance don’t produce enough lactase, which is an enzyme necessary to break down dairy.Irritable bowel syndromeLoose stools and diarrhea are common if you have irritable bowel syndrome (IBS). IBS is a disorder that affects the large intestine. You may also experience other symptoms such as:stomach paingasconstipationbloatingcrampsCeliac diseaseSome people have loose stools because of celiac disease. This is an autoimmune condition that affects the body’s ability to process gluten in food. You may have additional symptoms such as:painbloatingcrampingconstipationweight lossfatigueheadachesmalabsorptionBile acid malabsorptionBile acid malabsorption occurs when the body can’t reabsorb the acids from the gallbladder. This leads to irritation and may cause loose stools. Other symptoms of bile acid malabsorption include:Dumping syndromeDumping syndrome is more common among people who have weight loss surgery or gastric surgery. Food can move too fast through the small intestine, so loose stools happen. The other symptoms are:stomach cramps or painnauseavomitingfast heartbeatsweatingfeeling flusheddizzinessfeeling full after eating a small amountUlcerative colitisUlcerative colitis (UC) is a chronic disorder that causes inflammation in the digestive system. Some people with UC experience loose stools. They may also have:paincrampsrectal bleedingweight lossfatiguefeverCrohn’s diseaseCrohn’s disease is another chronic condition that affects the digestive tract. You may have loose stools because of Crohn’s disease. Other symptoms include:fatiguestomach pain or crampslack of appetitegasnauseavomitingfeverbloatingHyperthyroidismWhen your thyroid is overactive and makes too much thyroxine hormone, it’s possible to have loose stools. Hyperthyroidism affects metabolism in the body. This condition has other symptoms such as:weight lossthin skin and hairsleep problemsanxietyirritabilityfast heartbeattremorsDehydration can be a serious problem for people who have watery, loose stools. Make sure you stay hydrated and drink plenty of fluids.Malnutrition is another possible complication. Malabsorption of important nutrients can be a problem. You may not be getting enough vitamins, minerals, or other nutrients. Talk to your doctor about treating malnutrition.Anyone can have loose stools at some point in their lives. This affects both adults and children of all ages.However, some people are at a higher risk of having loose stools. If you have certain chronic health problems such as irritable bowel syndrome, celiac disease, Crohn’s disease, dumping syndrome, ulcerative colitis, hyperthyroidism, or bile acid malabsorption, then you’re more likely to have loose stools.In most cases, loose stools are a temporary problem and resolve on their own. However, if your symptoms continue to get worse, and you have chronic loose stools, then it’s time to see a doctor.See a doctor if you experience:chronic loose stoolsweight lossbloody diarrhea or stoolsstools that look black or tar-likehigh feversevere dehydrationfast heart rateconfusiondizziness or faintingchillssevere stomach pain and cramps that don’t go awayTreatments for loose stools can vary. Your doctor may recommend diet changes and increasing your fiber intake. You may also need to take anti-diarrheal medications.Immediate treatments to stop loose stools include:Long-term treatments to stop loose stools include:taking probiotics, which are available at local grocery stores, pharmacies, and onlinefinding and treating medical conditions that cause your loose stoolsadjusting medications and supplementsmaking dietary changesLoose stools can happen after eating, or they can be chronic. They usually look soft, mushy, watery, or shapeless. There are many different causes for loose stools.Talk to your doctor about any concerns you may have and discuss the potential causes and treatment options for loose stools. Seeing blood in your stool can be very concerning. For most people, the fear is that this is a sign of colon cancer. Although blood in the stool is considered a red-flag digestive symptom, it doesn't automatically mean that you have a life-threatening illness. Let's take a look at what this symptom might actually mean. Your doctor can determine the likely cause and what treatment is appropriate. These are some of the possibilities. Verywell / JR Bee Hemorrhoids A hemorrhoid that has started to bleed is one of the most common causes of blood in the stool. Hemorrhoids appear when blood vessels in the rectum or anus become swollen and inflamed. Bleeding from a hemorrhoid is typically bright red in color. Anal Fissures Anal fissures are another possible cause of blood in the stool. An anal fissure is a tear in the tissue lining your anus. In addition to causing bright red blood to appear in your stool, anal fissures may also cause symptoms of anal pain and/or itching, as well as pain during bowel movements. Colon Polyps Colon polyps are growths in the colon that are at risk for developing into cancerous tumors. Typically polyps do not cause any symptoms, but bleeding can occur and show up on or in your stool. Inflammatory Bowel Disease Inflammatory bowel disease (IBD) in both of its forms (ulcerative colitis and Crohn's disease) can cause blood to appear in your stool. Diverticular Bleeding Diverticular disease is when small pouches exist along the lining of your large intestine. Although it is not terribly common, these pouches can bleed. If this happens, you may see a large amount of blood in your stool. Most often, diverticular bleeding will stop suddenly. However, in a small number of cases, the condition can become life-threatening and require admission to an intensive care unit. If you experience large amounts of blood on your stool, seek medical help immediately. Colon Cancer Blood on or in the stool is often the first noticeable sign of the presence of colon cancer. This is why it is essential that any sign of blood on the stool be brought to your doctor's attention. Blood from a cancerous growth in the colon may cause the stool to appear dark, black, or tar-colored. Digestive Tract Bleeding Disease occurring higher up in the digestive tract (esophagus, stomach, or small intestine) can also cause the stool to appear dark red or black. Possible culprits include peptic ulcers, esophagitis, esophageal tears, and tumors. Sometimes stool color can change due to eating certain foods or taking certain supplements. You might confuse this with blood in the stools. Here are some examples: Pepto Bismol Iron supplements Foods with black or red food coloring Beets and other red vegetables If you find any blood in your stool or on your toilet paper or see any other evidence of rectal bleeding, the first thing you must do is to call your doctor and set up an appointment. Your doctor will evaluate your symptoms and decide whether or not further investigation is necessary. While it will usually be due to a minor or benign cause, it still needs to be checked so a serious cause can be addressed. Based on your symptom picture, your doctor will choose which diagnostic tests are most appropriate. Most doctors will take a thorough history and do a physical examination, which may include a rectal exam. Blood work may or may not be taken. Some other possibilities include: Colonoscopy Sigmoidoscopy Barium enema Upper endoscopy Upper GI series Do not ignore any signs of blood in your stool. While you don't need to overreact, the proper action is to immediately bring your symptoms and concerns to the attention of your doctor. With a proper diagnosis, the underlying problem can be appropriately addressed. Thanks for your feedback! What are your concerns?

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