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

Reference: Castell et al. IJSNEM 2019. IAAF, Health & Science