

# RUNNER'S TROTS



## ■ ■ ■ Description

Runner's trots is the common name for runner's diarrhea, often seen during distance races or workouts. This condition may be caused by hormones and enzymes that are released during exercise. The condition is also complicated by various hydration formulas or medications, as well as preperformance meals. On rare occasion, the diarrhea is bloody; this can result from ischemia or infarction of the lining of the intestine, although usually the cause is benign.

## ■ ■ ■ Common Signs and Symptoms

- Diarrhea during exercise
- Cramping during exercise
- Rarely, bloody diarrhea
- Urge to defecate (have a bowel movement)

## ■ ■ ■ Causes

- Possibly, adrenaline or hormones
- High carbohydrate in fluid replacement
- High lactose in pregame meal

## ■ ■ ■ Risk Increases With

- Dehydration
- Anxiety
- Irritable bowel syndrome
- High-fat or high-protein meals before exercise
- High-intensity exercise
- Untrained individuals

## ■ ■ ■ Preventive Measures

- Eat meals more than 1 hour before competition.
- Provide stable precompetition meals that are small, low-fat, and low-fiber several hours before sport.
- Do not experiment with new foods or drinks during competition.
- Avoid high-carbohydrate meals and drinks, especially lactose-containing dairy products.
- Maintain hydration.
- Avoid caffeine.

## ■ ■ ■ General Treatment Considerations

Pregame food and hydration practices should be stable. If you want to try a new regimen, practice it before a competition so that you can determine how effective it is and whether it causes any side effects. Do not experiment during competition. If your problem is chronic and consistent, evaluation by a physician and nutritionist can be helpful. They can suggest dietary modifications to keep the risk of diarrhea down. Finally, mild antidiarrheal medication can be helpful for competition, such as Pepto-Bismol or Kaopectate. Loperamide is also helpful in preventing these conditions. Stronger antidiarrheal medication may be effective but has side effects that may affect performance; it may also be banned by certain sports governing bodies. If you have significant blood loss with runner's diarrhea, consult your physician, who may want to refer you to a gastroenterologist for further evaluation.

Notes:

(Up to 4400 characters only)

Notes and suggestions