

Putting Evidence Into Practice (PEP): What's New in Radiation-Induced Diarrhea?

Changes since prior topic update

Last Topic update: September 9, 2016

The PEP team added Expert Opinion to the BRAT diet's level of evidence. The only evidence for this intervention is a consensus suggestion. No research has been done using the BRAT diet for either chemotherapy-induced or radiation-induced diarrhea.

Additionally, the PEP team categorized transforming growth factor (TGF)-beta diet supplement as Effectiveness Not Established. Evidence was a single retrospective study showing fewer episodes of diarrhea in patients taking this type of diet supplement. Further supportive evidence is needed.