



DIARRHEES SOUS ITK

La diarrhée est un symptôme fréquent sous TKI. Elle survient généralement dans les premières semaines suivant l'initiation du traitement. La diarrhée peut être responsable de déshydratation et d'insuffisance rénale aiguë.

1. Evaluation de la diarrhée

Grade 1	Augmentation du nombre de selles quotidiennes de moins de 4 selles par rapport à d'habitude ; augmentation légère de la production d'une stomie par rapport à d'habitude.
Grade 2	Augmentation du nombre de selles quotidiennes de 4 à 6 selles par rapport à d'habitude ; augmentation modérée de la production d'une stomie par rapport à d'habitude ; (projet CTC V5 : limitant les activités de la vie courante)
Grade 3	Augmentation du nombre de selles quotidiennes égale ou de plus de 7 selles par rapport à d'habitude ; augmentation importante de la production d'une stomie par rapport à d'habitude ; retentissement limitant les activités de la vie courante (Projet CTC V5 : Hospitalisation indiquée, limitant la capacité du patient à prendre soin de soi).
Grade 4	Conséquences vitales ; intervention urgente requise.
Grade 5	(Projet CTC V5 : Décès)

Tableau 31 – Classification des diarrhées selon la classification CTCAEV4.03

2. Traitement curatif

2.1 Règles hygiéno-diététiques

Eviter la cuisine grasse, frite et/ou épicée ainsi que l'alcool, les brocolis, choux de Bruxelles et choux. Un régime associant bananes, riz, préparations à base de coing, pâtes et pain permet d'aider à contrôler les symptômes. Lorsque les symptômes s'améliorent, il est possible d'ajouter des œufs, pâtes et poulet (sans peau). En période de diarrhées, il est nécessaire de boire 3 à 4 L de liquide par jour pour éviter la déshydratation. Une diarrhée prolongée peut provoquer une intolérance au lactose : le lait et les produits laitiers doivent être évités pendant 1 semaine après les derniers symptômes (132).

2.2 Traitement médicamenteux

- Ralentisseurs du transit (lopéramide IMODIUM® 2 mg)
 - Toute prescription de TKI doit s'accompagner d'une prescription d'anti diarrhéique type lopéramide. Le patient doit en outre être averti des modalités de prise du traitement et des consignes hygiéno-diététiques, particulièrement à propos des consignes d'hydratation.
 - Prescription : prendre 2 gélules après la première selle diarrhéique puis après chaque selle diarrhéique (ou toutes les 4 h) sans dépasser 8 gélules par jour. Le traitement doit être poursuivi jusqu'à ce que les selles liquides cessent pendant **12 heures** consécutives.
 - Plusieurs publications rapportent la possibilité d'utiliser de plus fortes doses de lopéramide selon divers schémas : 2 mg/2 h, 4 mg/6 h, dose maximale de 10 gélules par jour.



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