

DIARRHEA

Diarrhea is frequent, watery bowel movements. Stool color and odor often changes. Most diarrheas are caused by viral infection. As such, there are no antibiotics for most forms of diarrhea. Antibiotics also can kill good bacteria in the intestines as well as frequently causes abdominal pain or diarrhea. However, a proper diet while you are ill will help you feel better faster and prevent dehydration.

The issue is simply to replace fluids faster than we lose them... progressively more difficult the bigger you are.....



The proper diet involves resting the stomach for several hours. Then begin with small amounts of fluids such as GATORADE sipped with a straw at room temperature or FLAT SODA at room temperature—SIPS ONLY! You can also have Jell-O with a little banana in it, weak tea or apple juice or clear soup such as bouillon broth. If it takes a little while you may try scrambled eggs with a little cheese in it or cheese sandwich. Pieces of apple (with the skin cut off) were used in the old Cook County Hospital days along with clysis (the injection of saline into the muscles) before the frequent use of intravenous lines.

FOODS you should AVOID are fat, fried foods, meat spicy foods, acidic foods (orange and grapefruit juice), milk and milk products including creamed soups, cheese, etc.,

When feeling better NO BIG MAC YET! Even though you may feel cured, your gut will take three days to heal well enough for milk and fatty foods. START with crackers, toast, applesauce, bananas, or rice. Next add chicken or fish. Start milk in very small amounts, as most of us quickly lose the ability to digest lactose, so milk might go right through us until we build that enzyme up.

WHEN TO CALL THE DOCTOR – The things that make us more concerned that your diarrhea might be more than a simple viral infection include:

1. Blood in stool or in the vomit
2. Persistence of diarrhea for 3 days despite proper diet
3. High fever (over 102)
4. Persistent *vomiting* despite proper diet
5. Continuous pain over one spot of the abdomen
6. Lethargy or sleepiness
7. Dehydration (dry mouth decreased urine)

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Caring Family, S.C.
Todd S. Giese, M.D.,
Racquel N. Ramirez, M.D.,
George B. Gancayco, M.D.,
Jamie T.M. Gancayco, M.D.
815 459-2200
www.caringfamilysc.com