



## **DIARRHEA**

**DIARRHEA** is the sudden increase in the frequency and looseness of bowel movements. Diarrhea is usually caused by a viral infection of the intestines (viral gastroenteritis). Diarrhea can also be due to excessive fruit juice or to a food allergy. Occasionally, diarrhea can be due to abnormal bacteria as well.

Diarrhea may last from several days to a week, regardless of treatment. The main goal of therapy is to prevent dehydration. (Barton D. Schmitt, MD, 2018)

### **TREATMENT FOR DIARRHEA**

- \* Pedialyte in frequent small amounts
- \* A lactose free diet may be helpful in reducing diarrhea but may delay full recovery  
Dairy products contain lactose; yogurt (probiotic) best to try first, to help with recovery
- \* For babies, soy formula or diluting formula with extra Pedialyte for 2 days may reduce diarrhea
- \* Dilute juices (white grape) are acceptable to start but can advance to other foods if not vomiting
- \* If not vomiting can start starchy foods to help firm up the stools (pasta, rice, cereal, crackers, Toast, pretzels, bananas, white potatoes)
- \* Avoid spicy and fatty foods for 2-4 days

### **CALL BACK IF....**

- \* Bloody stools
- \* Severe abdominal pain
- \* Fever is present for longer than 3 days
- \* Any signs of dehydration, which include lethargy, no urination for 12 hours, no tears, dry mouth, sunken eyes, and dry lips and tongue
- \* The diarrhea does not slow down after 5 to 7