

DIARRHEA

Diarrhea is the sudden increase in the frequency and looseness of bowel movements. Mild diarrhea is the passage of a few loose or mushy stools. Moderate diarrhea produces many watery stools with increasing frequency as the diarrhea becomes more severe. A green stool means rapid movement through the intestinal tract. Diarrhea can last from a few days to 10 days. After 10 days, further investigation of the cause of the diarrhea is needed. In the vast majority of cases diarrhea is caused by a virus. The treatment plan aims to reduce the diarrhea to prevent dehydration. When a child eats something, especially when they are experiencing diarrhea, the body has an automatic reflex that causes the child to have a diarrheal stool almost immediately upon eating. Therefore it is important with diarrhea to feed the child larger bulky meals to limit this reflex

FOR ALL DIARRHEA AVOID MILK, FRUIT JUICE, SUGARY DRINKS UNTIL 2 DAYS HAVE PASSED WITHOUT ANY DIARRHEA

Diet for Mushy Stool/Mild diarrhea:

Breast feed through the diarrheal episode if you are nursing your child.

If your child is formula fed, try Isomil DF for several days.

If your infant is on solids give rice cereal, banana, applesauce and cooked carrots along with the above to bind up the stool

For older children give starchy foods: Pasta, potatoes, breads, crackers, dry cereal, bananas, applesauce, tea, watered down Gatorade, and crystal light.

Diet for Moderate to Severe Diarrhea:

For breast fed infants continue to nurse and offer Pedialyte between nursing. After 24 hours, follow the above diet as appropriate for your child's age.

For formula fed infants give Pedialyte for 24 hours then Isomil DF for 10 days. After 24 hours, follow the above diet.

For older children increase fluids, offering fluids with every stool, as listed above in the 1st 24 hours. After 24 hours, follow the above diet.

Call our office if:

Your child does not urinate in 24 hours

Crying produces no tears

The inside of the mouth is tacky to the touch

There is blood in the diarrhea

Severe abdominal cramps occur

Fever is over 101 for 3 days

A skin rash develops

No change after 48 hours with the above treatment

Diarrhea for more than 10 days

Any other concerns

WASH YOUR HANDS WELL!!! DIARRHEA IS VERY CONTAGIOUS

ANY CHILD IN DIAPERS OR WHO IS HAVING ACCIDENTS MUST STAY OUT OF DAYCARE/SCHOOL UNTIL THE DIARRHEA IS RESOLVED