

PATIENT INFORMATION HANDOUT

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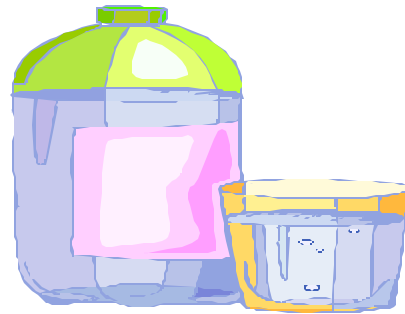
Is a sudden onset in the frequency of stool from normal to abnormally soft and watery, about 3 or more watery stools a day.

Causes: Infection of the bowel due to contaminated food, or bacterial/viral infections.

Symptoms: Abdominal cramps, nausea, vomiting, flatulence, abnormal stool.

Treatment:

- ❖ Drink fluids 3-4 litres daily. Starting with small amounts preferably rehydration salts. Ready mix packs of oral rehydration salts are available at the pharmacy and this is added to drinking water as directed.
- ❖ Diluted orange juice
- ❖ Coconut water
- ❖ Gatorade
- ❖ Avoid milk and milk products
- ❖ Take Paracetamol for abdominal cramps



Soups can be given after 12 hours .

No solids for 24 hours.

Preventative measures:

Maintain good standards of hygiene, e.g. washing hands regularly and after using the bathroom. Wash fruits and vegetables thoroughly. Ensure food is properly prepared, cooked and stored.

Seek doctor's advice if symptoms persist after forty-eight hours.