

SEEK MEDICAL ATTENTION IF :

- If the diarrhea or vomit contains blood or if it is a very dark colour/looks like coffee grains
- If vomiting lasts more than 2 days or diarrhea lasts more than 4 days with no improvement
- Are severely dehydrated
- Experience severe diarrhea, vomiting or abdominal pain
- If your worried or think it may be serious

PREVENTION IS BETTER THAN CURE :

- Wash hands before and after preparing food
- Cook meats and eggs thoroughly
- Was fruits and vegetables before eating
- Wash hands with soap and water after using the bathroom



UWI PHARMACY
HEALTH SERVICES UNIT
THE UNIVERSITY OF THE WEST INDIES
Phone: 662-2002 ext. 82150/82449
E-mail: hsupharmacy@sta.uwi.edu



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RECOGNIZING AND TREATING

GASTROENTERITIS FOOD POISONING STOMACH BUG



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THE UNIVERSITY OF THE WEST INDIES

Gastroenteritis is when the stomach and intestines become infected and inflamed which results in vomiting and diarrhoea. This can be due to infections by viruses, bacteria and parasites. Signs and symptoms usually begin 12–72 hours after contracting the infectious agent.

Symptoms of gastroenteritis usually last 24 to 72 hours. People usually recover completely without any serious long-term problems.



SYMPTOMS

COMMON SYMPTOMS INCLUDE :—

- vomiting
- watery, non-bloody diarrhea
- nausea
- abdominal pain

Other symptoms may include having a low-grade fever, headaches and body aches.

The most common complication is dehydration. This is due to loss of bodily fluids and insufficient intake of oral liquids.

Symptoms of dehydration include: —

- decrease in frequency of urination
- decrease in urine volume
- dark yellow urine
- dry mouth and throat
- feeling dizzy when standing up



TREATMENT

Treatment of gastroenteritis involves managing the symptoms.

Antibiotics are generally not needed.

DEHYDRATION

Oral rehydration salts are the most helpful for dehydration. These can be mixed in water and regularly sipped to replenish fluids and electrolytes which have been lost during vomiting/diarrhea.

Sports drinks and coconut water can also be used.

Monitor your urine output.

Aim to pass regular volumes of very light yellow urine.

VOMITTING /NAUSEA

Antiemetics or anti-vomiting medication also be used to treat nausea or vomiting.



DIARRHOEA

Probiotic supplements have been shown to be beneficial in reducing both the duration of illness and the frequency of stools. In simple terms Probiotics usually “push out” any bad bacteria and usually re-balance the healthy gut bacteria.

Anti- diarrhoeal medication is not usually recommended as it may worsen abdominal pain, slow recovery and cause constipation. Also having diarrhea allows the infectious organism causing the gastroenteritis to be expelled from the body.

DIETARY CONSIDERATIONS

- Eat dry carbohydrates such as bread or crackers
- Avoid foods with dairy products – no milk, cheese, butter
- Avoid foods that are spicy or fatty/oily.
- Drink plenty of liquids to stay hydrated.