

2014

Diarrhea and Vomiting

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Diarrhea and vomiting are often caused by bacteria or viruses. Diarrhea is the passage of many loose, watery bowel movements. You may have other symptoms such as nausea, headache, feeling tired, and muscle aches.

Instructions

- Do less activity until you are feeling better or the diarrhea and vomiting are gone.
- Take small amounts of clear liquids such as flat ginger ale, water, tea, broth, Gatorade®, and Jell-O® often for the first 24 hours or until the diarrhea and vomiting stops. Increase the amount of fluid you are drinking at one time gradually as you are able to keep it down.
- During the next 24 hours (after the diarrhea and vomiting have stopped), you may eat bland foods such as:
 - › Cooked cereals
 - › Rice
 - › Clear soup
 - › Bread
 - › Crackers
 - › Baked potatoes
 - › Bananas
 - › Apple sauce
- Do not eat:
 - › Fried or spicy foods
 - › Bran
 - › Candy
 - › Alcoholic beverages
 - › Milk or dairy products
- You may start eating your usual foods again after 2 or 3 days of no diarrhea or vomiting. Eat small amounts often.

- You should drink 2-3 litres of fluid a day. Most complications are caused by loss of water though diarrhea and vomiting. Do not worry if you do not feel like eating for 2-3 days, as long as you are able to drink fluids (so you don't get dehydrated).
- You can use Gravol® tablets or suppositories for vomiting. They are available at drug stores.

Medications

The checked boxes are your instructions:

Medications advised: _____

Continue routine medications:

Return to the Emergency Department or see your family doctor if you:

- Are not able to drink enough fluids (2 or 3 litres per day) because of nausea and/or vomiting.
- Have symptoms that last for 5 days.
- Have a temperature over 38.5°C (101.3°F).
- Have blood, mucus, or worms in your bowel movement(s).
- Have signs of water loss (such as excessive thirst, dry lips and tongue, little or no urination, dizziness, or lightheadedness).
- Abdominal pain (stomach pain or cramps) that gets worse.

