

## **Diarrhea**

Diarrhea is most commonly caused by a cold virus that affects the intestinal tract. Loose stools alone are not unusual and not a cause of alarm. Diarrhea involves a sudden change, more watery than usual, more frequent than usual, and more voluminous than usual stools. Usually diarrhea will end quickly without treatment, but you should know what to do if you problem occurs.

**DO NOT** use over the counter or prescription medications for diarrhea or vomiting, unless they have been specifically prescribed by your child's medical provider.

- Stop solid foods for 24 hours. Be sure to avoid milk and milk products such as ice cream.
- If breastfeeding, continue frequent feedings.
- Increase clear fluid intake, such as Pedialyte or Gatorade but avoid fruit juices or sweetened drinks.
- Offer pretzels, saltine crackers, or dry toast.
- **DO NOT** force your child to eat until their appetite returns.
- Gradually increase food intake with a bland diet, including Bananas, Rice, Applesauce, and Toast.
- If your child is taking antibiotics for another infection, offer Yogurt in addition to the above steps. Please be sure to use refrigerated yogurt with live or active cultures in it.

**CONTACT OUR OFFICE IF THE DIARRHEA OCCURS WITH ONE OF THE FOLLOWING SYMPTOMS**

- Fever lasting longer than 48 hours
- Bloody stools
- Swollen abdomen
- Persistent refusal to eat or drink
- Severe abdominal pain

Skin rash or jaundice (yellow skin or eyes)

**PREVENT THE SPREAD!**

**FREQUENT HAND WASHING.** Especially after diaper changes, using the restroom, and before handling foods.