

# Treatment of Diarrhoea and Dehydration

Diarrhoea and vomiting cause rapid loss of body fluids and lead to dehydration

**Dehydration kills!**

## Warning signs and treatment of dehydration

**Go to the Hospital urgently if these symptoms are present:**

- ! **If your child has not passed urine for more than 8 hours.**
- ! **If your child's mouth stays dry.**
- ! **If your child's eyes are sunken and she / he is not playing anymore.**
- ! **If your child is vomiting everything.**

## Treatment of Diarrhoea

You must provide adequate fluids to replace losses; **treatment should start as soon as possible!**

- ! Let your child drink small sips of the fluid [see ORS below] every 5 minutes until urination becomes normal. (It's normal to urinate four or five times a day.)

### Estimated volumes needed

- ! Adults and large children should drink about 3 litres of ORS a day until they are well.
- ! A child under the age of 2 years needs at least 1/4 to 1/2 of a large (250-millilitre) cup of the ORS drink after each watery stool.
- ! A child aged 2 years or older needs at least 1/2 to 1 whole large (250-millilitre) cup of the ORS drink after each watery stool.

### Other

- Remember to let your child take the sips of liquids slowly!
- Chilling the ORS may help or flavour it with a little cool drink.
- As long as your child has diarrhoea, continue to give the ORS. The fluid will not worsen the diarrhoea.
- If your child is vomiting, continue to try to give the ORS. Their bodies will retain some of the fluids and salts they need even though they are vomiting **but if your child continues to vomit and can keep nothing in, hospitalization may be safer.**
- **Someone with symptoms of severe dehydration needs to go to an emergency room or your Paediatrician to get intravenous fluids (fluids given directly into the veins through a needle) if necessary.**
- Whatever is **causing** the diarrhoea, vomiting, or other symptoms, should also be treated.

## Remedies

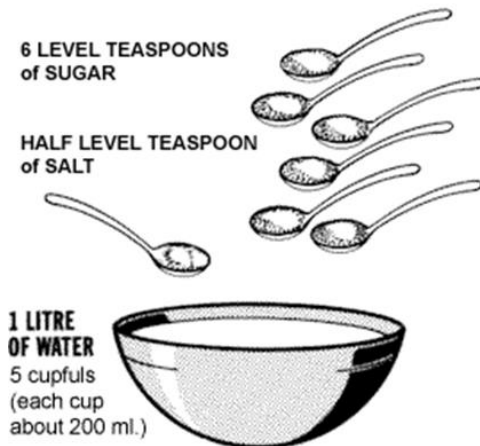
### **Oral Rehydration Solution [ORS]**

You can make ORS at home.

- 1 litre boiled water, cooled
- ½ level teaspoon salt
- 6 level teaspoons sugar

Mix and start to use, if the mixture is cooled down it might be more palatable.

You can add a little cool drink for taste or make rooibos tea with the ORS.



### **OR :**

A commercial electrolyte solution like:

- Gastrolyte<sup>®</sup>, Cerelyte<sup>®</sup>, Hydra Choice<sup>®</sup>, Hydrol<sup>®</sup> etc.

If your child is more than 1 years old and refuses to drink any of the above you can try to give:

- Energade<sup>®</sup> / Poweraid<sup>®</sup> / Game<sup>®</sup> diluted 1:1 with water.

### **As well as:**

- Help to heal the bowel wall and support the immune system with Zinc like Zinplex<sup>®</sup> 5 ml twice a day while diarrhoea is ongoing and twice a day after it stopped for 14 days.
- Help to get rid of the illness causing germs by giving probiotics like Reuteri<sup>®</sup>, Florabalance<sup>®</sup>, Probi flora<sup>®</sup> etc. 2 or 3 times a day till diarrhoea stops.
- Protect the bowel lining while there is diarrhoea with Tusectan<sup>®</sup>, it forms a protective layer over bowel lining
  - ☺ Children less 2 years of age, consult your doctor and start 1 sachets every 6 hours
  - ☺ Children up to 3 years: 1 sachets every 6 hours
  - ☺ Children 3 years to 14 years: 1 to 2 sachets every 6 hours
  - ☺ Older 14 to 18 years 2 sachets every 6 hours

**OR:**

- Smecta®, which binds toxins and irritants
  - ☺ Under 1 year of age 1 sachet per day
  - ☺ 1 to 2 years of age: 1 to 2 sachetes per day
  - ☺ Over 2 years of age : 2 to 3 sachets per day

Both Tusectan® and Smecta® can be used dry with a little porridge or yoghurt even if the instructions say you should mix it with water. If mixed with water it tastes floury and most children dislike it.

<b>Gastro enteritis [diarrhoea] diet</b>	
<b>Fluids are the most important! Preferably use electrolyte solutions and add some black rooibos tea, water or some other fluids if needed.</b>	
<b>Later when the patient is recovering you can start normal food. Start with soft bland, low fat food and move on to more textured food.</b>	
<b>Good</b>	<b>Electrolyte solutions:</b>
	Oral Rehydration Solution (ORS), Gastolyte, Hydra Choice, Cerelyte, Hydrol etc.
	<b>Other:</b>
	1/2 Strength Energade, Poweraid or Game
	Milk [mixed wit 50% water at first] unless the diarrhoea persists longer than 5 days
	<b>Bland fat free food like:</b>
	Cooked porridge, you can add Maizena
	Apple sauce, banana
	Custard made with Maizena
	Bread, rice, pasta
	Mashed potato's
	Cooked vegetables
	Soft scrambled eggs
	Marie or ginger biscuits
	Marshmallows, jelly without artificial sweeteners
Cream Crackers, Provitas	
Pretzels	
<b>Avoid</b>	Fruit juices especially apple juice, the sorbitol will aggravate the diarrhoea
	Sweet cool drink and gassy cool drink like Coke, Lucozade
	Avoid sweets
	Commercial flavoured chips, cheese curls, Nick-Naks etc.
	Fatty, strong flavoured or spicy foods