



مدينة الملك فهد الطبية
King Fahad Medical City



Diarrhea



What is Diarrhea?

Diarrhea is when your stools are loose and watery. You may also need to go to the bathroom many times. It may last 1 or 2 days and goes away on its own.

What Causes Diarrhea?



Bacteria; intake of dirty food and water.



Virus; viruses that can cause diarrhea include Norwalk virus, cytomegalovirus and viral hepatitis.



Medication; recent use of antibiotic.



A result of surgery on the stomach.










Food intolerance; such as lactose intolerance, intake of artificial sweeteners.



Bowel disease; such as Crohn's, ulcerative colitis, celiac disease and irritable bowel syndrome.

Signs & Symptoms

-  Stomach ache
-  Stomach cramps
-  Bloating
-  Fever
-  Loose, watery stool
-  Urgent need to go to restroom
-  Presence of blood and mucus in the stool

Diarrhea can have serious side effects which includes,



Feeling thirst



Dry mouth or skin



Feeling of tiredness



Feeling of weakness



Fast heart beat



No urination or little amount of urine

How can I tell that my child is suffering from diarrhea?



Hollowed appearance of the abdomen, eyes or cheeks.



No tears when crying.



Not having a wet diaper in 3-4 hours.



Fever.

How can I treat diarrhea?



Diarrhea goes away on its own even without remedy. The doctor may treat you depending on how serious your case is.

Most of the time you will need to replace the fluids you have lost, thus drink water, juice or broth. For children, doctor usually advised about the use of an oral rehydration solution, such as *Pedialyte*, to prevent dehydration or replace lost fluids.

If the cause of diarrhea is the antibiotic that you are taking, doctor might change your medication or consider lowering the dose.

If the cause of diarrhea is caused by a more serious condition, doctor will try to control that condition.

How to prevent diarrhea?

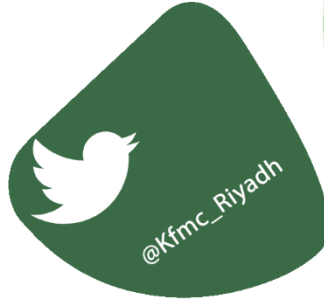
- Wash hands regularly.
- Eat food that is clean and cook in a safe way.
- Avoid drinking tap water.
- Do not eat raw meat or fish.
- Make sure to wash and peel any raw or fresh fruits vegetable before consumption.



لأن الوعي وقاية ..

إدارة التثقيف الصحي

Outpatient Nursing Department



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