

DIARRHEA



July, 2012



Most kids battle Diarrhea from time to time, but the good news is - Diarrhea is often caused by infections that do not last long and are more disruptive than dangerous.

Causes of Diarrhea

Diarrhea — frequent runny or watery bowel movements (poop) — is usually brought on by gastrointestinal (GI) infections caused by viruses, bacteria, or parasites.

Diarrheal infections are a normal part of childhood for many kids, but diarrhea can be a symptom of a number of non-infectious diseases and conditions, especially when it lasts several weeks or longer. It can indicate food allergies, lactose intolerance, or diseases of the gastrointestinal tract, such as Celiac Disease or Inflammatory Bowel Disease.

WHEN TO CALL THE DOCTOR

Call your doctor if your child has diarrhea and is younger than 6 months old or has:

- A Severe or prolonged episode of Diarrhea
- Fever of 102°F or higher
- Repeated Vomiting, or Refusal to Drink Fluids
- Severe Abdominal Pain
- Diarrhea that contains blood or mucus

Call your doctor immediately if your child seems to be dehydrated. Signs of Dehydration include:

- Dry or sticky Mouth
- Few or No Tears when Crying
- Eyes that look sunken into the head
- Soft Spot Looks Sunken
- Lack of Urine or Wet Diapers (for 6-8 hours in an infant)
- Lack of Urine for 12 hours in an older child
- Dry, Cool Skin
- Lethargy or Irritability
- Fatigue or Dizziness in an Older Child

TREATMENT:

The best way to manage your child's diarrhea depends on how severe it is, what germ caused it and your child's age, weight and symptoms.

For infants under 1 year who are not on solids, continue with breast feeding more often or giving formula as usual.

For infants under 1 year who are on solids, start with the Brat Diet:

BANANAS – RICE – APPLES – TOAST

Be sure to ask your doctor for specific recommendations on treatment.