

Instructions for Diarrhea

A child has diarrhea when the child has several very loose and watery bowel movements in a day. Most cases of diarrhea are caused by a virus which lasts 3-7 days. Antibiotics do not heal viruses and will not help get rid of diarrhea. In some cases, antibiotic can make the diarrhea worse. Because a child loses a lot of fluids with every bowel movement, it is important to follow the instructions to keep your child well hydrated.

To treat your child:

- o Continue to breast feed as usual
- o Give the usual formula
- o Give Isomil Diarrhea Formula for a day or two
- o Give Pedialyte or Gerber Oral Rehydration for a few hours
- o Give bananas, rice, apple sauce, and toast or crackers
- o Give ½ strength Gatorade (with water) and 3 saltines/glass
- o Give ¼ strength Kool Ade (with water) and 6 saltines/glass
- o Give Pedialyte popsicles or regular popsicles

Do NOT give:

- o Similac or Enfamil for 3-5 days
- o Fruit juice, 2-3 days
- o Milk Ice cream, cheese, pizza with cheese for 3-5 days
- o Fatty or greasy foods

When to Worry: You should worry if your child show signs of dehydration. This means that your child is losing more fluids than s/he is taking into his/her body and is drying up inside. **CALL IF YOUR CHILD HAS ANY OF THESE THINGS:**

- * Very few wet diapers
 - * Much less urinating than usual
 - * No tears when crying
 - * A dry-looking mouth and tongue
 - *More than 5-6 diarrhea stools within 24 hours.
 - * Blood or a lot of mucous in the child's diarrhea
 - * High fever for more than five days
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