

## **Top Tips to Management of Diarrhoea for Patients & Parents**

**G**ood hygiene is the best way to prevent the spread of diarrhoea

This includes frequent hand washing with soap and water, disinfection of toilets and sinks, and disposal of soiled items. Proper storage, preparation and cooking of food are also essential.

**A**void fatty or spicy foods for a day or two, but otherwise eat as tolerated

The old advice to stop eating has changed and you should continue to eat normally, or whenever you feel ready. It is probably best to avoid fatty or spicy foods until the diarrhoea settles.

**S**tay away from school or work until the diarrhoea stops

It is very important to stay away from crèche, school or work until your symptoms resolve and ideally for 48 hours afterwards. This is particularly important for those at high risk of spreading the infection to others, like people who work with food or as carers.

**T**ell your doctor if you are not better after 3-4 days, or are getting worse

Diarrhoea usually settles quickly. If the vomiting and diarrhoea do not settle over 3-4 days, or you feel you are getting worse, with symptoms of dehydration, bloody diarrhoea, or abdominal pain, it is important to see your GP again.

**R**emember to drink lots of fluid

Dehydration is the commonest problem with diarrhoea and it is important to drink plenty of fluids. The best advice is 'small amounts often' to make vomiting less likely. Water, or diluted fruit juice, are best, and strong sugary drinks should be avoided. Rehydration drinks are ideal as they have the right balance of salts and sugars.

**O**nly use medication when advised by your GP or pharmacist

Drugs to stop the diarrhoea can be helpful but can also have side effects. They should not be used in children under 12 and when there is blood in the diarrhoea. Antibiotics are not appropriate for most cases of diarrhoea. Only take medicine when advised by a health professional.