Diarrhea and Vomiting

**Definition:** Diarrhea means a change in the normal stools and its loosening and watering. It can be caused by pathogens (viruses, germs or parasites), poisoned foods and drinking unhealthy water. Sometimes these changes are accompanied by abdominal pain, nausea and fever.

Vomiting: The discharge of stomach contents through the mouth is called vomiting.

As a result of this disease, the child loses fluids and other substances through diarrhea and vomiting. That is why it suffers from dehydration.

**Symptoms of dehydration**

- Urinary excretion is reduced and the color of urine becomes darker than usual.
- Fatigue, lethargy, drowsiness in the child
- Crying without tears and sunken eyes
- Dry oral mucosa

In the severe dehydration phase, symptoms such as restlessness, thirst and craving for water also appear.

**Treatment**

To prevent dehydration when having diarrhea, continue the baby's normal diet. If the baby is an infant, continue breastfeeding.

To make up for lost water, you can add liquids such as light tea, natural fruit juice and dough to your diet.

It is also best to use ORS.

**Do not limit baby foods to specific diets (bananas, rice, apple juice, etc.).**

Avoid giving liquids such as soft drinks, broth and industrial juices.

Make sure the baby's diet includes cooked meat, boiled eggs, cooked vegetables and beans, and cooked bread and rice.

**How to prepare oral serum (ORS)**

You can get the ORS package from pharmacies.

Mix each packet in 4 glasses of chilled boiled water and keep it in a sealed container in the refrigerator and feed it to the child with a cup or spoon for each time diarrhea, based on the child's tolerance.

In case of vomiting, wait 10 minutes and then give the solution again slowly.

**When to refer to a doctor?**

- If the child has diarrhea with vomiting and does not tolerate any food.
- In case of severe thirst
• If the child becomes lethargic and drowsy.
• Fever above 38 degrees
• The presence of blood in the stool

Methods of Prevention

If the cause of diarrhea and vomiting is a germ or virus, the disease can be transmitted to others. To prevent this transfer, you should pay attention to the following points.

• Wash your hands and your baby's hands regularly
• Wash baby’s toys and dishes and do not make them available to others.
• Thoroughly disinfect and wash the toilet daily.
• It is also important to maintain anal hygiene in the baby.
• Train your child to wash their hands before, after eating meals, and after going to the bathroom.
• Drink healthy water.
• Try to use fresh and healthy foods for the baby. If you use food that has already been prepared, reheat it before using it.
• Wash vegetables and fruits hygienically before eating.

For toddlers (1-3 years old) with diarrhea, soft and pureed foods can be used. A diet that is easy to digest and contains cereals (bread and rice) and cooked vegetables and well-cooked meats is very convenient.

If you have any questions or ambiguities, call the following number:

023-33460055, Pediatric ward of Amir-al-Momenin Hospital