



What to do if your baby has diarrhea?

## What is Diarrhea?

Diarrhea is one of the most common illnesses babies suffer from. The main symptoms are watery stools and vomiting which lead to an extensive loss of water and minerals. This may finally lead to dehydration which is a serious condition.

## How to manage Diarrhea?

- Give more fluids than usual: this is not intended to stop diarrhea but to replace the body fluids lost. Go and see your Doctor.

In many cases the doctor will prescribe an oral rehydration solution (ORS) which is a solution of glucose and salts. This solution is better absorbed than plain water and, therefore, more effective in replacing the body fluids and minerals lost.

- Continue feeding: If you are breast feeding your baby, the best thing you can do is to continue breast feeding frequently. For bottle fed infants or older children the usual food should be replaced by an antidiarrheal formula to provide easily digestible nutrient.



## What are the alert signs I should not neglect?

If baby's condition does not improve in 3 days or one of the following signs develops, you should immediately see the doctor:

- many watery stools
- repeated vomiting, especially if in combination with watery stools
- excessive thirst
- sunken eyes
- fever
- lack of appetite
- blood in the stool

## How to reduce the risk of another diarrhoeal episode?

Most babies recover quickly from diarrhea. Good food, well prepared, will keep your baby healthy and assure proper growth. Good personal and domestic hygiene is of crucial importance to avoid re-infection. The utensils used to prepare baby's feed should be kept clean. Wash your hands before preparing the food and before feeding your baby. Use only boiled drinking water for the preparation of baby's food.

## When to call the doctor?

If you have any of the following, call your doctor:

- Chills or a fever of 38.3C or above
- Dry skin and sunken eyes
- Lethargy



### Follow-up appointment

Keep your follow-up appointments with your doctor. It is important for your doctor to monitor your progress.

### For a follow-up appointment:

**Date:**.....

**Doctor's Name:**.....

**Telephone:** 22232000

Send #1 to the mobile number 97244524 and an operator will contact you for your appointment details.

**Website:** <http://www.sih-kw.com>

### Special Instructions

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

If you have any questions or concerns, call your doctor or nurse.

