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ص ب: ٤٨٥٧٧، دبي، إ.ع.م.

هاتف: ٠٤ ٢٦٧ ٨٨٦٦، فاكس: ٠٤ ٢٦٧ ٨٨٥٥

ص ب: ٤٥٧، الشارقة، إ.ع.م.

هاتف: ٠٦ ٥٦٥ ٨٨٦٦، فاكس: ٠٦ ٥٦٥ ٦٦٩٩



## Acute Gastroenteritis

### Acute Gastroenteritis (Diarrhea)

**Diarrhea** also known as **Acute Gastroenteritis** refers to passing of loose or watery stools. **Infectious diarrhea** is also one of the most common infectious diseases that is frequently seen. Associated symptoms are abdominal pain, fever, bloating & vomiting. In severe cases, it may be accompanied by blood in the stools, excessive vomiting with signs of dehydration like weakness, decreased urine, muscle cramps, and palpitations. Poor oral intake, nutrient (especially electrolytes) deficiencies and dehydration is seen which occurs due to excessive fluid loss from the body. The most important thing is to maintain proper nutrition during this period and to increase fluid intake to replace the nutrients and water lost from the body.

#### **Diet during Diarrhea:-**

1. Diet should be soft in consistency, bland in taste with emphasis on low residue, low fiber foods. Concentrated carbohydrate foods help in giving the needed energy.
2. Take plenty of unsweetened fluids to combat dehydration.
3. Take small frequent meals.

#### **Foods Allowed:-**

Examples - Rice, banana, toasted bread or rusk, stewed apple or apple sauce, potatoes, sago and thickened vegetable soups.

#### **Foods To Avoid:-**

Sweetened food products, sweetened juices, egg, and other non-vegetarian foods, spicy, high fat and fried foods, beans / pulses and raw or uncooked foods.

Diarrhea can also occur due to the antibiotics taken for treating an existing condition/infection.

#### **How can you prevent Acute Gastroenteritis?**

- Strict hand washing before and after eating and also while preparing food.
- Drink boiled or clean purified water.
- Cook and store food properly at right temperature.
- Avoid eating street foods and foods exposed to the open environment for a long time.
- Avoid unwashed raw foods or uncooked foods.
- Don't share the same food with person having diarrhea.
- Practice good personal, hand and food hygiene.