

DIARRHOEA

infants and children



TO DO	CONSULT DOCTOR
<ul style="list-style-type: none"> rehydrate regularly in small quantities monitor the number and consistency of stools take the child's temperature at least twice a day and treat high temperature when needed take note of vomiting episodes don't force the child to eat as he/she will eat when he/she gets better 	<ul style="list-style-type: none"> if the child is under three months if diarrhoea is accompanied by any of the following symptoms: <ul style="list-style-type: none"> continuous vomiting inability to suck the bottle profuse diarrhoea high temperature blood in stool

infants

under 3 months

- continue to breastfeed
- discontinue powdered milk and replace with milk substitute based on protein hydrolysates
- give the baby oral rehydration salt (ORS) in small amounts between bottles and as often as desired

avoid

- green vegetables
- raw and cooked fruit
- fruit juice

3 - 6 months

- continue to breastfeed
- discontinue powdered milk and replace with lactose-free milk
- give ORS in small amounts and as often as desired

recommended

- carrot - bottled, pureed, cooked (short term)
- mashed potatoes
- rice (blended, creamed) or tapioca
- pureed apple, banana, raw grated apple
- lean grilled meat
- poached lean fish
- eggs

6 months and above

- continue to breastfeed
- discontinue powdered milk and replace with lactose-free milk
- give ORS in small amounts and as often as desired
- when diarrhoea subsides, a varied diet should be established

children (above one year)

avoid

- cow's milk and dairy products (yoghurt, cheese, butter)
- green vegetables, fruit (raw or cooked), fruit juice
- foods that increase intestinal gases such as cabbage, turnip, onion, corn
- oily and deep fried food
- high fibre food

recommended

- sweetened rice milk
- vegetable stock
- carrot and potatoes
- rice, porridge, noodles
- pureed apple, banana, grated apple

Apart from Oral Rehydration Salts, Diocetahedral Smectite can be given to children aged one year and above to help shorten the diarrhoea.

These advices are for educational purposes only, and are not in any way intended to be used as a substitute for professional medical advice, treatment or care.



farmasi ANIS



Rakan Sihat Anda