

# Gastroenteritis

Children's Services

## What is It?

Gastroenteritis is a stomach / bowel infection which causes vomiting and / or diarrhoea. It is usually caused by a virus and rarely by a bacteria.

It can cause a child to become dehydrated if the water they lose is not replaced properly.

## What are they symptoms?

- More than 5-6 watery loose stools in 24 hours
- Vomiting
- Thirst
- Tummy pain
- Lethargy / generally unwell
- High temperature
- Sunken soft spot of the head (fontanelle) in babies.

## How is it managed?

### Vomiting and Diarrhoea

- Stop normal food for 4-5 hours
- Give small amounts of oral rehydration fluid (Dioralyte) frequently (25-50 ml/1-2 oz)
- Do not give large volumes (full bottle / cup) at once - this will cause vomiting
- When Dioralyte is tolerated and vomiting stops, start on small amount of usual milk or solids and increase gradually as he/she tolerates it
- Foods such as potatoes, rice, pasta, dry biscuits, toast can be given initially. If tolerated can try bananas, carrots, chicken, dahl (lentils) and yoghurts.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## Diarrhoea

- Continue to give normal food and drink
- For every watery stool passed offer a cup or bottle of Dioralyte.

There is no specific treatment for vomiting and diarrhoea; it gets better on its own. Treatment is aimed at maintaining fluid balance in the body.

## Breastfed Babies

- Do not stop breastfeeding
- Offer more frequent breast feeds or offer Dioralyte between feeds for every vomiting and/or diarrhoea episode
- If your baby is less than 6 months old – see a doctor.

## Remember...

Mix the Dioralyte according to the instructions.

### Note:-

Paracetamol (e.g. Calpol) can be given for high temperature or tummy pains during gastroenteritis

## Hygiene...

It is important to wash and sterilise all bottles and utensils. Always wash hands before preparing food, before feeding and after changing nappies / playing with the child.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。