

Patient's Guide

What to do for gastrointestinal complaints?

Dear Patient,

An acute gastrointestinal infection, often accompanied by diarrhea and vomiting, is uncomfortable. The most important thing is to compensate for fluid and salt loss. The following tips are intended to help you.

Most Important Measure: Drink Plenty of Fluids

- ✓ **Drink in small sips:** Take small sips of tea (e.g., chamomile, peppermint) or still water every 5-10 minutes.
- ✓ **Electrolyte drinks (ORS):** To compensate for electrolyte loss, special oral rehydration solutions from the pharmacy are particularly helpful.
- ✓ **Stay away from soft drinks:** Heavily sweetened drinks like cola can worsen diarrhea.

Light Meals When You Have an Appetite

- ✓ **Start slowly:** Begin with small portions of easily digestible foods like rusks, rice cakes, or a banana.
- ✓ **Prefer bland foods:** Rice, oatmeal, grated apple, or cooked carrots are well-suited.
- ✓ **Avoid:** Fatty, spicy, fried foods, raw vegetables, and dairy products.

When to Seek Medical Help

- ⚠ If vomiting lasts longer than 24 hours.
- ⚠ If you notice signs of dehydration (e.g., severe thirst, infrequent urination, dizziness).
- ⚠ With high fever, blood in the stool, or severe abdominal pain.

Stay healthy!

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