

Travelling Healthy

Diarrhoea

Mild Diarrhoea

Symptoms:

One to two loose or watery bowel actions per 24 hours, if you feel otherwise well.

Treatment:

Maintain adequate fluid intake, one dose of Gastrolyte after each bowel action. Use Gastrolyte accurately according to the instructions on the packet.

Moderate Diarrhoea:

Symptoms:

Two to five loose or watery bowel actions per 24 hours with one or more of the following: nausea, vomiting, abdominal cramps, weakness, mild fever.

Treatment:

For the first 24 hours, rest, take one dose of Gastrolyte after each loose bowel action, increase clear fluids to replace fluid loss from the bowels with small sips frequently.

Fluids include mineral water, lemonade or a fruit juice watered down (one part juice/lemonade, four parts bottled or treated water), bottled or treated water, weak black tea

If you are hungry, eat plain starch food eg plain boiled rice, plain boiled potato, plain porridge, plain toast. Avoid fatty, spicy and dairy foods.

If diarrhoea continues for more than 24 hours you can choose to continue the above treatment (most traveller's Diarrhoea will resolve itself in one to five days) or start to take Medication e.g. Imodium, Gastro Stop.

If your temperature is normal, there is no mucus or blood in the diarrhoea, you can take the anti-diarrhoea medication as prescribed and continue with the above guidelines.

If your temperature is normal or only slightly elevated, there is no blood or mucus in the diarrhoea, but you are distressed by the nausea, vomiting, cramps and weakness take the anti-diarrhoea medication and the antibiotic as prescribed (one dose).

Severe Diarrhoea:

Symptoms:

Three to six loose or watery bowel actions per 24 hours, high fever (over 38.5C), blood and mucus present in bowel actions, nausea and/or vomiting, severe weakness

Treatment:

Cease anti-diarrhoea medication and start antibiotic course as prescribed. If possible see a doctor.

Contact Us:

Phone: 53279477 or 53279470 Facsimile: 03 5327 9779

<http://www.federation.edu.au/health-centre>

Travel Health—Health Centre
Federation University Australia
Mt Helen Campus
PO Box 663
Ballarat Vic 3350