



UNIVERSITY OF MARYLAND UNIVERSITY HEALTH CENTER

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Gastroenteritis (Vomiting and/or Diarrhea)

Gastroenteritis is:

Irritation and Inflammation of the stomach and intestines
Usually caused by a viral infection

Other Possible Causes:

- Stress
- Excessive alcohol intake
- Excessive tobacco use
- Food allergies
- Improper diet
- Food poisoning
- Dirty drinking water
- Intestinal parasites

Symptoms

- Abdominal cramps
- Nausea/Vomiting/Diarrhea
- Loss of appetite
- Weakness
- Fever or chills
- Dehydration

Prevention

- Wash hands with soap and hot water often, especially before:
 - Preparing food
 - Eating and after using the bathroom
- Do not share food, drink, or eating utensils with others
- Wash any contaminated linens or clothes on a hot water cycle, dry on high temperature

Self Treatment

- Decrease activity until vomiting and diarrhea subside
- 1st 24 hours--Drink a lot of clear fluids such as ginger ale, Gatorade, broth and jello
- 2nd 24 hours--Bland foods, such as: crackers, rice, eggs, applesauce, soup, toast, bagels, cooked cereal
- No spicy foods, vegetables, fruits, bran, dairy products, fried foods, candy, alcohol
- Drink 8 to 12 glasses of liquid daily
- Resume normal diet after two or three days
- Avoid Aspirin and Ibuprofen
- Limited use of Pepto Bismol may help relieve symptoms.

Pepto Bismol MAKES TONGUE AND BOWEL MOVEMENTS BLACK

CONSULT A DOCTOR IF:

- Mucous or blood in stools noted
- Fever over 101°
- Severe abdominal or rectal pain
- Continued vomiting or diarrhea after being treated
- Dehydration occurs (dry mouth, excessive thirst, absence of urination for over six hours)

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