



PREMIER MEDICAL ASSOCIATES

Diarrhea

Diarrhea is defined as frequent, loose stools. It can range from 2-3 mushy stools per day to more than six watery stools per day. Frequency or how often the child is going is the best indicator of how bad the diarrhea is. One loose stool a day is not considered diarrhea.

Diarrhea is usually caused by a viral infection of the intestines (gastroenteritis). Occasionally, it can be caused by bacteria or a parasite. It can also be due to excessive fruit juice or a food allergy.

If only one or two loose stools are passed, the cause is probably something your child ate.

The main complication of diarrhea is dehydration from losing too many fluids.

Symptoms include:

- Dry lips
- No tears
- Lethargy
- Decreased urine output (no urine for 8 hours)

If your child has any of these symptoms you need to call our office immediately.

Diarrhea can last for several days up to a week or more. For diarrhea caused by a virus, the main treatment is keeping your child hydrated with oral fluids (drinks).

Dietary management

For children under one year of age:

- Offer electrolyte solutions between feeds, such as Pedialyte or Kaoelectrolyte, which can be bought in most grocery stores or pharmacies.

- The child is acting very sick.

Note: If your child is vomiting also, treat the vomiting first before treating the diarrhea. After your child has gone eight hours without vomiting, you can begin to treat the diarrhea.

Patient Information

Medical Disclaimer

Premier Medical Associates PC offers the information on this Web site for general educational purposes only. This information should not be used for diagnosis, nor should it be considered a replacement for consultation with a healthcare professional. If you have questions or concerns about your health or the health of your child or dependant, please contact your healthcare provider immediately.