

Acute diarrhea in adults

Some useful guidelines for the treatment of diarrhea:

Drink lots of fluids (about 3 liters a day):

- Water: You may add some lemon juice.
- Herbal teas: chamomile, thyme

- Rice water: Boil a cup of rice in 4 cups of water for 30 minutes, then strain and allow to cool before drinking.



- You can make carrot juice using the same method



- Home-made oral rehydration solution: Add two tablespoons of sugar, one half teaspoon of salt, one half teaspoon of baking soda and one cup of lemon juice to one liter of water. You need to drink at least 1 or 2 liters of this solution if you have high output diarrhea or persistent vomiting. You can find powdered oral rehydration salts (1 packet to be dissolved in one half to one liter of water) in pharmacies.



Whenever there is vomiting, small amounts of cold fluids, 2 or 3 tablespoons at a time, should be taken every 15 minutes.

When you are able to keep them down, gradually increase your fluid intake. Avoid coffee, cola drinks and other sodas. As soon as you are able to keep fluids down, you may start to eat bland foods: baked, stewed or grated raw apples, quince paste, boiled rice and carrots, vegetable broth with noodles, toasted white bread, etc. Later, as your diarrhea improves, you can add boiled potatoes, vegetables seasoned with a little oil, whole grain bread, fruit, almond milk, poached or broiled fish, broiled chicken, etc.

Avoid milk and dairy products, as well as fatty meat and fried foods until you have recovered from your diarrhea. When you are ready to reintroduce these foods, start with plain low-fat yoghurt.

Additional advice:

Try to rest as much as you need. Don't spread the infection, it is important that you and everyone in your family wash your hands with soap and water before eating and after using the bathroom. Cold sitz baths can help relieve discomfort in the anal area (itching, sores...) caused by diarrhea. Avoid taking anti-diarrhea medications (anti-diarrheal medicines, antibiotics) unless specifically instructed to use one by your doctor.

If there is a persistent high fever or if stools contain blood, mucus or pus or you have continuous abdominal pain, you must see your doctor.