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• Home Management of DIARRHEA: 2 - 12 Years.

Diarrhea is a frequent problem in Pediatrics, mostly caused by viral agents known as **Viral Enteritis**. When vomiting is also present it is known as **Viral Gastroenteritis**. When mucus and blood are present, it is called Dysentery. On occasion bacteria, amebas and other parasites are cause of diarrhea. Commonly in infants and toddlers, especially girls, Urinary Tract Infection may present with diarrhea.

The most feared complication is dehydration, this is why treatment is geared to prevent dehydration using clear liquids and oral rehydration solutions. Anti-diarrhea medications are not very effective in Pediatrics, however at times your pediatrician may consider using these medications in appropriate situations. When the patient does not improve with oral hydration, he or she may require admission to the hospital for IV fluid hydration. Steps:

- a) Stop solids and dairy products and start with an oral rehydration solution, PEDIALYTE, **6-8 oz every 4 hours**, other alternatives are apple juice, jello water and Gatorade ®, all diluted $\frac{1}{2}$ strength with water.
- b) Follow with lactose-free or soy milk, **8 oz twice daily**, use x 5-7 days.
- c) If clear liquids are well tolerated x 12-24 hours, follow with BRATT diet:
B = banana
R = rice cereal
A = applesauce
T = toast
T = tea
- d) Once the BRATT diet is well tolerated, add the following:
Jello, bread, yogurt, steamed potatoes, steamed chicken white meat, steamed rice, steamed noodles, turkey ham, broiled fish.