

Southfield Pediatric Physicians, PC

31500 Telegraph Road, Suite 105
Bingham Farms, Michigan 48025
(248) 540-8700
Fax: (248) 540-8701

**Southfield Pediatrics West**

7416 Haggerty Road
West Bloomfield, Michigan 48322
(248) 661-9100
Fax: (248) 661-9158

Ehud Kapen, M.D.
Marshall Blondy, M.D.
Katherine Erlich, M.D.

George L. Blum, M.D.
Robert M. Blum, D.O.
Sandhya Patel, M.D.

Craig A. Lash, M.D.
Stacy Zide, M.D.

Treatment of Diarrhea

Diarrhea is a sudden increase in the frequency and looseness of stools. Diarrhea can range from one or two loose stools daily to greater than one stool per hour, and it can be of nearly any color. Diarrhea itself is not dangerous. The only real danger comes from the potential complication of dehydration. With most mild cases of diarrhea this will not occur. When diarrhea becomes more severe, such as greater than one time per hour, dehydration becomes more of a concern.

Intestinal viruses, like all other viruses, cannot be treated with antibiotics since antibiotics do not kill viruses.

Often children with diarrhea will have a loose stool every time they eat or drink. There is a temptation to reduce their intake to reduce the diarrhea. Resist this temptation. Even if they have a loose stool after each time they eat or drink they still absorb most of the nutrition as it passes through their bodies. Better nutrition will speed up the healing process so food should be given throughout the illness.

Certain foods increase diarrhea. Fruit juice, because of its high sugar content will increase diarrhea. Dairy products may also increase diarrhea because people develop a temporary lactose intolerance when they have diarrhea. In a young child who is still on formula, temporarily changing from a milk based formula to either a soy formula or a lactose free formula can help reduce diarrhea.

Breastfeeding should be continued throughout any period of diarrhea because breastmilk is the most easily absorbed food.

Giving starchy or high fiber foods can help thicken stools and may reduce the severity of diarrhea. The following foods should be increased: applesauce, bananas, rice cereal, oatmeal, toast, crackers, jello, potatoes, rice, and noodles.

Call our office immediately if your child develops any of the following symptoms: no urination for greater than eight hours, no tears when crying (for children beyond two months of age), dizziness when standing, blood in the stool, or repeated vomiting with simple foods or liquids.