

Your



Weekly Dose

From Lincoln Community Hospital

Nausea, Diarrhea, OH MY!!!

From time to time, people may eat something that does not settle in their stomach. They may also catch a virus that leads to the "stomach bug." Symptoms of nausea, muscle aches, abdominal cramps, vomiting, diarrhea, and fever are pretty normal symptoms of the common "stomach bug." There are certain gastrointestinal infections that can be dangerous. But the majority of them can be beaten by your own body's defense mechanisms!

There are hundreds of types of bacteria that live in the air, on the ground, and naturally on humans. Did you know that there is good bacteria that helps prevent infections? The good bacteria along with other defense mechanisms help your body fight off viruses like the "stomach bug."

Most vomiting/diarrhea illnesses improve within 3-4 days. But be mindful; vomiting/diarrhea can have more impact on a person's body if they are over 65 and under 10 years old.

Parasite vs bacteria/virus

These are symptoms that medical personnel consider worrisome.

1. Bloody diarrhea- call a medical provider.
2. Extensive vomiting/diarrhea- If a person is not peeing every 8 hrs call a health care provider.
3. Temp of 105 or greater- call medical provider.
4. Temp does not go down after appropriate doses of acetaminophen or ibuprofen- call a medical provider.
5. So tired that a person can't get up at all-call a medical provider.

If a person does not have any of the above symptoms but still has nausea, vomiting, muscle aches, diarrhea, and fever it is probably the "stomach bug."

Almost always, the body will be able to fight off the "stomach bug" on it's own. Ways to help your body fight off this pesky bug are:

Drink lots of water and electrolyte drinks with low sugar content

Avoid coffee, caffeine, alcohol, chocolate, sodas, juices, caffeinated tea.

Also for 24 hrs., try not to eat, or try just a clear liquid diet. If you do need to eat something follow, the BRAT diet

B- bananas

R-rice

A-apples/applesauce

T-toast

After 24-48 hours slowly increase the diet. Eggs, dairy, and meat products should be the last foods added to diet.

If the vomiting/diarrhea continue for 5 days with NO improvement, seek medical attention.

Call LCH if you have any concerns or questions. A nurse is available to answer 24/7. 719-743-2421

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