

DIARRHOEA & DEHYDRATION



WHAT IS DIARRHOEA?

Diarrhoea is commonly called a **runny tummy**, is when you **pass large volumes of watery stool** at least 3 times in 1 day; a person can also **vomit**.^{5,6}

Diarrhoea is a very common illness in all age groups, but **children under 5 are the most vulnerable**.

Across the world, more than **1.6 million people die of diarrhoea** every year, many of them are children under 5 years.²¹

CAUSES OF DIARRHOEA

Germs like **viruses, bacteria or parasites** that usually comes from **unclean water or food** that has not been cooked or washed properly and unclean water.^{5,22}

Certain **medication**, like **antibiotics**, can cause diarrhoea.⁵

Some **diseases in the gut** can cause diarrhoea for a **short time (acute)** or for a **longer period (chronic)**. If diarrhoea lasts longer than **10-14 days**, it could be due to these **chronic conditions**.⁵

SIGNS AND SYMPTOMS OF DIARRHOEA

- Loose, watery stools
- Urgent need to go to the toilet
- Abdominal pain (pain or cramps in your gut)

- Nausea & vomiting – feeling sick and throwing up may sometimes occur with diarrhoea
- Loss of appetite (especially if nauseous)
- Feeling weak or tired
- Fever or chills
- Blood or mucus in the stool
- Signs of dehydration

HEALTHY TIPS TO PREVENT DIARRHOEA

When you have diarrhoea, the most important thing to do is to make sure you do not dehydrate.

- Drink fluids to replace water and electrolytes.
- Older children and adults should continue to eat food, and keep drinking oral rehydration solution while their tummy is still running.
- Babies that are **breastfed** should continue to be nursed.
- **Healthy persons** need to see a doctor if the diarrhoea lasts longer than 3 days despite treatment, have severe abdominal pain, high fever, or bloody stools
- **Wash hands** correctly and well, after going to the toilet.

TREATMENT

Medication that can stop diarrhoea and prevent dehydration can be taken.

Some of the medicine can be **bought from a pharmacy** and you will **not need a prescription** from the doctor.

Oral rehydration solutions

Medicine to slow down or reduce passing of stools:
This medicine works in the gut to help reduce passed stools as well as cramps.

Antibiotics:

Is only needed if you have a fever, or have blood or mucus in the stool.



WHAT IS DEHYDRATION?

You can become **dehydrated** when your body **cannot balance** the intake and loss of water, which makes up **60%** of your body.

This tends to happen more easily to children or the elderly.⁴

Breathe: The air you breathe out is damp from the water in your lungs.

Sweat: Is when you cool your body

Urinate or Defecate: Is when the waste is removed from your body.

CAUSES OF DEHYDRATION



SIGNS AND SYMPTOMS OF DEHYDRATION

No dehydration	Some dehydration	Severe dehydration
No change in thirst , children drink normally	The person is thirsty , drinks eagerly	The person drinks poorly , not able to drink
The person looks well, alert	The person is restless, irritable	The person is not reacting or moving a lot, or unconscious
When the skin of a baby's tummy is pinched, or on the adult's arms, it flattens quickly	Skin flattens slowly when pinched	Skin flattens very slowly when pinched
Eyes are normal, not sunken	Eyes are sunken , or a sunken fontanelle in infants	Can be clammy hands and feet
	Not passing a lot of urine	No urine is passed
	Dry mouth and tongue	Very dry mouth or tongue
	Very little tears when crying	Rapid, weak pulse
		Low blood pressure

HEALTHY TIPS TO PREVENT DEHYDRATION

You need to drink enough water every day, no matter whether you are sick or not. You should drink 2-3 litres of water each day, depending on body weight and activity⁴. When you lose water, you also lose electrolytes like sodium, chloride, potassium and bicarbonate.

Healthy fluids are:^{4,20}

- **ORS** Oral Replacement Solution
- Avoid fizzy high sugar and caffeinated drinks
- Tea with no sugar
- **Water** in which rice or cereal was cooked, with or without salt

- You need to ensure you drink enough fluid when the weather is **hot**, or when you are **sick** especially with a **fever**, and when doing **physical exercise**
- Ensure **children drink enough water** and take **water bottles** to school

TREATMENT OF DEHYDRATION

Oral Replacement Solutions (ORS), which is normally a powder containing important **electrolytes**, that is mixed with **clean water**, should be taken as soon as possible.

Make sure to **mix it correctly** and give it according to instructions. Drinking ORS too quickly could result in **vomiting**. Do not stop treatment; wait **5-10 minutes** and try the ORS again, but more slowly.



REHIDRAT Oral rehydration solution

REHIDRAT® is SA's No. 1 oral electrolyte replacement solution, contains an optimal balance of sugars, salts and minerals to replenish lost fluids and help prevent and treat dehydration and electrolyte depletion.⁶ IQVIA Data December 2020. **

REHIDRAT® is available in 3 flavours – Blackcurrant, Orange, Vanilla and contains no artificial preservatives, sweeteners or colourants and is suitable for the whole family. Preparing REHIDRAT® is easy – follow us on YouTube for easy instructions

Offer oral rehydration solution to infants using a method that they are familiar with e.g. a baby bottle, cup or spoon. Always prepare the solution fresh every day and dispose of any solution not used after 24 hours. Infants less than 1 year of age should be given ½ to 1 cup (100 – 200 ml) of REHIDRAT® for every bowel movement.

Children 1 to 5 years of age should be given at least one cup (200 ml) for every bowel movement, while older children and adults should drink enough REHIDRAT® to quench their thirst and replace the fluid lost in every stool.



REHIDRAT® ORANGE. Reg. No. Y/24/181.

REHIDRAT® BLACKCURRANT. Reg. No. Y/24/214.

REHIDRAT® VANILLA. Reg. No. N/24/103.

Each 14 g sachet of powder contains: Sodium Chloride 0,44 g, Potassium Chloride 0,38 g, Sodium Bicarbonate 0,42 g, Glucose 4,1 g, Sucrose 8,1 g.

Please note: this is an education information leaflet only and should not be used for diagnosis. For more information on Diarrhoea & Dehydration, consult your healthcare professional.

References: 1. Sinusitis. The Merck Manual Home Health Handbook Consumer. Accessed on 11 November 2019. Available at www.merckmanuals.com/home/ear-nose-and-throat-disorders/nose-and-sinus-disorders/sinusitis. 2. Eccles R. Mechanisms of symptoms of common cold and flu. Birkhäuser Advances in Infectious Diseases. 2009 Birkhäuser. Verlag Basel/Switzerland. 3. Polverino M, et al. Anatomy and neuro-pathophysiology of the cough reflex arc. Multidisciplinary Respiratory Medicine 2012;7:5. 4. MedicineNet. Dehydration. Available at www.medicinenet.com/dehydration/article.htm Accessed on 23 March 2018 11 April 2020. 5. Woods TA. Diarrhea. In: Walker HK, Hall WD, Hurst JW, editors. Clinical Methods: The History, Physical, and Laboratory Examinations. 3rd edition. Boston: Butterworths; 1990. Chapter 88. 6. Nathan A. Treating acute diarrhoea in adults. The Pharmaceutical Journal, 2008;281:217. 7. Sibanda M, et al. Chronic constipation in adults. S Afr Pharm J 2018;85(1):34-42. 8. Johnson J. Intestinal worms in humans and their symptoms. Medical News Today. Accessed 2020/04/20. Available at <https://www.medicalnewstoday.com/articles/324042#takeaway>. 9. Soil-transmitted helminth infections. World Health Organisation. 14 March 2019 [online] Accessed 2019/07/25. Available from <https://www.who.int/news-room/fact-sheets/detail/soil-transmitted-helminth-infections>. 10. Conducting Zone. LumenCandela Online learning material. Accessed on 11 November 2019. Available at <https://courses.lumenlearning.com/boundless-ap/chapter/conducting-zone/>. 11. Centres for Disease Control and Prevention. Cold vs Flu. Accessed on 16 November 2019. Available from <https://www.cdc.gov/flu/symptoms/coldflu.htm>. 12. The National Institute for Communicable Diseases (NICD) in collaboration with The South African National Department of Health and World Health Organization (WHO). Healthcare Workers Handbook On Influenza (last updated: May 2014). Accessed on 16 November 2019. Available at [www.nicd.ac.za/assets/files/Healthcare%20Workers%20Handbook%20on%20Influenza%20in%20SA%2012%20May%202014\(1\).pdf](http://www.nicd.ac.za/assets/files/Healthcare%20Workers%20Handbook%20on%20Influenza%20in%20SA%2012%20May%202014(1).pdf). 13. Buensalido JAL. Rhinovirus (RV) Infection (Common Cold). Accessed 16 November 2019. Available at <https://emedicine.medscape.com/article/227820-print>. 14. Common Cold. The Merck Manual of Diagnosis and Therapy Professional. Accessed on 16 November 2019. Available at www.merckmanuals.com/professional/infectious-diseases/respiratory-viruses/common-cold. 15. Albrecht HH, Dicipinigitis PV, Guenin EP. Role of guaifenesin in the management of chronic bronchitis and upper respiratory tract infections. Multidiscip Respir Med 2017;12:31. doi: 10.1186/s40248-017-0113-4. 16. WebMD. Why you cough. Accessed on 2019/11/09. Available at <https://www.webmd.com/cold-and-flu/overview?print=true>. 17. Cracking the cough code. Harvard Health Publishing. September 2018. Accessed 2019/11/09. Available at <https://www.health.harvard.edu/diseases-and-conditions/cracking-the-cough-code>. 18. Truter I. Cough. SAPJ 2007;74(4):20-27. 19. Rehydration therapy. Centre for Disease Control (CDC). Accessed 2020/04/13. Available at <https://www.cdc.gov/cholera/treatment/rehydration-therapy.html>. 20. The treatment of Diarrhoea – A manual for physicians and other senior health workers. World Health Organisation. Available at <https://apps.who.int/iris/bitstream/handle/10665/43209/9241593180.pdf;sequence=1>. Accessed 11 April 2020. 21. GBD 2016 Diarrhoeal Disease Collaborators. Estimates of the global, regional, and national morbidity, mortality, and aetiologies of diarrhoea in 195 countries: a systematic analysis for the Global Burden of Disease Study 2016. Lancet Infect Dis 2018; 18: 1211–28. 22. Hill DR, Ryan ET. Management of travellers' diarrhoea. BMJ 2008;337:a1746. 23. Guidelines for the Management of Acute Diarrhea After a Disaster. Centers for Disease Control (CDC). Accessed 2020/04/14. Available at <https://www.cdc.gov/disasters/disease/diarrheaguidelines.html>. 24. Allen S. How to deal with constipation. SAPJ 2008;75(7):23-26. 25. Constipation. South African Gastroenterology Society (SAGES). [Internet] 2020. Accessed 2020/02/18. Available from <https://www.sages.co.za/Patients/Constipation>. 26. Farrer F. Helminth infections – a review. Prof Nurs Today 2016;20(4):3-7. 27. Adams VJ, et al. Paradoxical helminthiasis and giardiasis in Cape Town, South Africa: epidemiology and control. African Health Sciences 2 June 2005;(5)2:131-136. 28. Kwitshana ZL, Tsoka JM, Mabaso MLH. Intestinal parasitic infections in adult patients in KwaZulu-Natal. SAMJ Sept 2008(98)9:709-711. 29. Vermox HCP Claims Study. Study completed for Johnson & Johnson (PTY) LTD. Prepared by Kantar South Africa (PTY) LTD. Accessed May 2017. Global Strategic Insights & Analytics, December 2019.

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