

## Discharge advice

Parent should pay attention to the following after discharge:

1. The child may still have mild vomiting and diarrhoea. Follow the doctor's advice on oral intake and seek medical advice in case the condition deteriorates.
2. You and your child must wash hands thoroughly especially:
  - Before milk preparation and feeding.
  - After changing nappy and using the toilet.



3. Food should be washed thoroughly and cooked well. Raw food and cooked food should be stored separately and covered properly.

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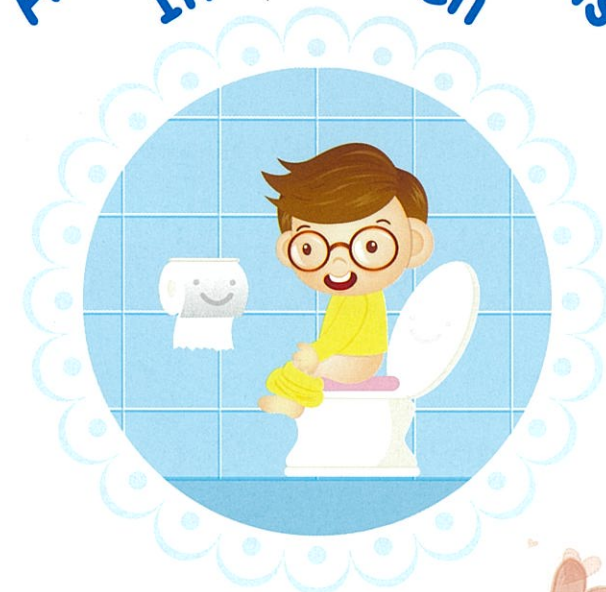


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## Acute Gastroenteritis In children



## What is Gastroenteritis ?

**G**astroenteritis is a common childhood illness caused by acute inflammation of the stomach and intestines.

For infants suffering from gastroenteritis, the condition may be more serious.

## Causes of G.E.

**T**he major transmission route is ingestion of bacterial, viral and parasitic pathogens on hands, toys, foods and from contact with carriers.

The most common bacterial pathogens are Salmonella and Shigella, and viral pathogens are Norovirus (Norwalk-like virus) and Rota virus.

## Signs and Symptoms of G.E.

**T**he child may have vomiting, diarrhoea, abdominal cramp, abdominal distention fever or poor appetite.

Blood or mucus in the stool is possible in case of bacterial infection. Severe dehydration may occur in young children.



## Signs and Symptoms of Dehydration

Severe vomiting and diarrhoea may cause the following signs and symptoms of dehydration:

1. Dry oral mucosa.
2. Decrease in skin turgor.
3. Decrease in urine output.
4. Shortness of breath.
5. Lethargy or irritability.

## Management of G.E.

### 1. Treating dehydration

- Mild dehydration: Continue normal feeding. Encourage fluids intake.
- Mild or moderate dehydration: Use oral rehydration solutions.
- Severe dehydration: Requires intravenous fluids at a hospital to replace the loss of electrolytes.



### 2. Medication

- Antiemetic and antidiarrheal medicines are discouraged. These may slow down bowel motion which encourage bacterial reproduction, and may also cause serious side effects such as intestinal obstruction.
- Most gastroenteritis does not require antibiotics. Antibiotics may contribute to complications and prolonged diarrhoea.

### 3. Personal Hygiene

- Wash hands before milk preparation, feeding and after changing nappy.
- Place used nappy in designated basket and cover well.
- Strictly follow ordered isolation measures during hospitalization.

### 4. Feeding

- No food restrictions. Take easily absorbable, digestible and nutritious food such as congee, noodles and fruits.
- Encourage small and frequent feeding.
- Avoid high glucose, high fiber, fried and irritating foods during acute stage of vomiting and diarrhoea.
- Continue breastfeeding or formula milk as usual.
- May recommend special formula milk in case of temporary lactose intolerance.

### 5. Skin care

- Be aware that the delicate skin of the buttocks will easily be damaged during diarrhoea.
- Keep the buttocks clean and dry by frequent change of nappy.
- Apply protective ointment to the buttocks when necessary.

