

## **I HAVE A STOMACH VIRUS**

If you're having diarrhea the following suggestions may be very helpful.

- Drink lots of clear fluids (water, tea, soup broth, Gatorade). If your urine is concentrated (dark yellow), then you need to drink more.
- Don't have any milk or dairy products (until you're feeling much better).
- Don't have any solid food. If you are hungry, have bland, low fiber food (for example: crackers, white toast, plain pasta).
- If you are moving your bowels frequently, then take Immodium tablets (over the counter). You can take two tablets initially, then one after each loose BM. Don't take more than 6 in a 24 hour period. Be careful not to take too much; it may make you constipated. Do not take Immodium if temperature is higher than 100.

Once you begin to feel better (hopefully this will take not more than 2-4 days), then begin to have more solid food (for example plain broiled or boiled chicken, pasta, small amounts of fruit and vegetables).

If you have a fever, take Tylenol.

You need to speak to the doctor if you have any of the following:

- blood mixed in with the stool
- a fever lasting more than 2 days
- cannot keep any fluids or food down without vomiting for more than one day
- if the loose stool lasts for more than 5-7 days
- you feel very lightheaded