

**Clinical Guideline:** Diarrhoea and Vomiting Site: FPH

* Recent contact with other cases
* Exposure to potential food/water source
* Recent travel
* Blood & mucus suggests bacterial cause

History

General Information

* Push oral fluids little and often by syringe if necessary.
* Continue breast feeding
* Oral rehydration therapy
* Avoid juices and carbonated drinks
* Antibiotics not indicated
* Do not give anti-diarrhoeal medication
* Give paracetamol for fever (if vomits within 20 minutes no need to give again)
* Keep off school until >48 hours without D&V

Advice and Treatment

Referral Guidelines – red flag signs

Investigation

* Skin turgor
* Fontanelles
* Mucous membranes (may be dry in mouth breather)
* Capillary refill time
* Skin colour
* Temperature of extremities

Examination

* Diarrhoea  usually resolves in 7 days, and most within 2 weeks
* Vomiting usually resolves within 1-2 days, and most within 3 days