

Acute Diarrhoea

Follow-up Advice	<p>Conditional referral:</p> <ul style="list-style-type: none">• Young children and elderly are more susceptible to dehydration. Advise to consult the doctor if symptoms persist beyond 48 hrs.• Advise all other patients to consult their doctor if symptoms have not improved within 7 days. <p>Consider supply but patient advised to make appointment to see GP:</p> <ul style="list-style-type: none">• Patients taking medication with recognised diarrhoeal effect• Patients with insulin dependent diabetes mellitus
Counselling Points	<ul style="list-style-type: none">• Condition is usually self-limiting; replacement of lost fluids is normally the only treatment required• Eat as normally as possible. Ideally include fruit juices and soups to provide salt and sugar and foods high in carbohydrates• Drink plenty of fluids to prevent dehydration• Take care with hygiene in particular hand washing after going to the toilet and before preparing food• Oral rehydration therapy is useful to prevent dehydration