

# Gastroenteritis

## What is it?



- **Caused by Infection**- with symptoms as loss of appetite, nausea, vomiting, diarrhea, abdominal cramping, bloating, decrease in blood pressure, shock, hyponatremia
- **Electrolyte Imbalance**- can cause life threatening dehydration to all ages
- **Inflammation**- of the lining of the stomach and intestine



## What causes Gastroenteritis?

- **Microorganisms**- spread in food or water, contaminated water or by feces
- **Transferred from Person to Person**- not washing hands-Salmonella (diarrhea, touching an animal and not washing hands thoroughly)
- **E coli**- can cause diarrhea-can cause typhoid fever, invade the lining of the intestine, tiny ulcerations that bleed causing loss of electrolytes, protein, and water
- **Viruses**- can affect the lungs, stomach and/or intestine
- **Toxins**- in seafood, mushrooms, potatoes, heavy metals (arsenic, lead, mercury, cadmium, drugs, antibiotics)
- **Overindulgence**- of alcohol



## Is it serious?

- **Serious**- in newborn or premature nursery
- **Severity of Symptoms**- depend on nature and dose of irritant, duration, resistance and involvement of the GI (Gastrointestinal) Tract

## What can I do?

- **Drink**- adequate fluids
- **NPO**- Nothing is allowed by mouth while having nausea and vomiting
  - Advance to clear liquids-
  - See **FFF Clear Liquid Diet Plan**

## Checkups?

- Get a stool check if lasts more than 24 hours
- **See your Health Care Provider**
- **See Registered Dietitian**- for help with your diet

