

# The \_\_\_\_\_ Doctors Center

Health & Wellness

## You have been diagnosed with: **GASTROENTERITIS**

**Gastroenteritis** is an inflammation and irritation to the stomach and bowel system that can cause nausea, vomiting, diarrhea and/or crampy, abdominal pain. This can be caused by viruses or bacterial infections. Having both vomiting and diarrhea at the same time or continuous vomiting or diarrhea, even in as short as a few hours, increases your risk for dehydration. **Dehydration** is a loss of bodily fluid volume which causes dry mouth, decreased urination (once every 8 hours could be a sign for adults), poor skin elasticity, severe muscle cramping or even heart problems. Fever may or may not be present.

To prevent dehydration take only a few sips of water every 10-15 minutes in the first couple of hours and then more as you are able to tolerate it. Don't try to drink a whole glass of fluids quickly because this can upset your stomach and bowel system causing more vomiting and/or diarrhea. Clear liquids are anything you can see through like water, popsicles, clear non-fat broth or even flavored gelatin. Water is one of the best re-hydration fluids. Too much of a sugary drink can cause more diarrhea.

If you are able to hold down the clear liquids then advance slowly to a very bland diet of bananas, rice, applesauce (without sugar), toast (BRAT) or other bland foods. Staying away from any dairy based foods at this time for adults is important because the body may not be able to digest these yet and may increase the inflammation or irritation again. A normal diet can be tried after tolerating a day or two of the bland diet and your symptoms have disappeared.

**If you are unable to tolerate the clear liquid diet in the first few hours, develop severe abdominal pain, fever or your condition worsens in any way before your next scheduled visit you must contact your physician/provider at The Doctors Center as soon as possible.**

**You have been scheduled for a follow-up appointment with your physician/provider at The Doctors Center. To avoid any unnecessary complications or misdiagnosis: YOU MUST KEEP YOUR APPOINTMENT OR COME IN SOONER IF YOUR CONDITION WORSENS OR YOU DEVELOP NEW PROBLEMS.**

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