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Is your child suffering from diarrhea?

First, it is important to note watery poop (Diarrhea) has many causes. Persistent diarrhea should be evaluated by your health provider. However, occasional diarrhea is common if not irritating for both you and your baby. This diet helps their tiny digestive system realign and return to normal bowel habits. It is important to watch because watery poop can cause your little one to lose too much water and become dehydrated. Ensure they are drinking enough that their urine is clear or pale yellow.

Home Care

Infants

- Feed infants breast milk or full-strength formula as usual.
- Do not automatically change to a lactose free formula, your provider will help you decide if this is important.
- Your provider will help you understand if oral hydration is needed. Infants should not be given juice, sports drinks, or pop. Many times, this will worsen diarrhea.
- IF you infant is on baby foods, choose things like rice, peas, potatoes, chicken, or cooked eggs.

Children

- Feed your child a healthy balanced diet as usual.
- Food and drinks that are okay:
 - Starchy foods: Rice, Toast, Pasta, low-sugar cereal, oatmeal, grits, baked or mashed potatoes, crackers and bagels.
 - Low-fat milk (children over 2 years old)
 - Bananas
 - Applesauce
 - You may have heard of the BRAT diet for upset stomachs. *Bananas, Rice, Applesauce, Toast.*
- Stop eating fats and sweets until the watery poop lessens.
- Oral rehydration is acceptable if your provider says it is okay.
- Here is a simple recipe to make your own Oral hydration drink.
 - 1/2 tsp table salt
 - 3/4 tsp baking soda
 - 1/3 tsp salt substitute (potassium chloride)
 - 1 tbs + 1 tsp sugar
 - 1 qt water



Contact your Provider right away if:

- Your child has a fever by mouth over 102 that isn't controllable with medication.
- Your baby is older than 3 months with a rectal temperature over 102.
- Your baby is 3 month or younger with a rectal temperature of 100.4 or higher.
- Your child cannot keep food down.
- Your child throws up many times.
- Belly (abdominal) pain develops, gets worse, or stays in one place.
- Diarrhea has blood or mucus in it.
- Your Child feels weak, dizzy, faint, or is very thirsty.

Make sure you understand these instructions and watch your child's condition. Get help right away if your child is not doing well or gets worse.

MEMBERS: As always, your provider is just a phone call or text message away. It's better to be safe than sorry. Reach out if you are worried or if this protocol isn't helping.