

## DEFINITION

- **Diarrhea** is an increase in loose or watery stools (bowel movements). Typically occurring three or more times a day.
- Diarrhea may be mild (passing a few loose or mushy stools) or severe (passing many watery stools).

Diarrhea **SEVERITY** is defined as:

- **No Diarrhea (Scale 0)**
- **Mild (Scale 1-3):** Few loose or mushy BMs; increase of 1-3 stools over normal daily number of stools; mild increase in ostomy output.
- **Moderate (Scale 4-7):** Increase of 4-6 stools daily over normal; moderate increase in ostomy output.
- **Severe (Scale 8-10; or "Worst Possible"):** Increase of 7 or more stools daily over normal; moderate increase in ostomy output; incontinence.

## INITIAL ASSESSMENT QUESTIONS

1. **DIARRHEA SEVERITY:** "How bad is the diarrhea?" "How many more stools have you had in the past 24 hours than normal?"
  - **NO DIARRHEA (SCALE 0)**
  - **MILD (SCALE 1-3):** Few loose or mushy BMs; increase of 1-3 stools over normal daily number of stools; mild increase in ostomy output.
  - **MODERATE (SCALE 4-7):** Increase of 4-6 stools daily over normal; moderate increase in ostomy output.
  - \* **SEVERE (SCALE 8-10; OR 'WORST POSSIBLE'):** Increase of 7 or more stools daily over normal; moderate increase in ostomy output; incontinence.
2. **ONSET:** "When did the diarrhea begin?"
3. **BM CONSISTENCY:** "How loose or watery is the diarrhea?"
4. **VOMITING:** "Are you also vomiting?" If Yes, ask: "How many times in the past 24 hours?"
5. **ABDOMINAL PAIN:** "Are you having any abdominal pain?" If Yes, ask: "What does it feel like?" (e.g., crampy, dull, intermittent, constant)
6. **ABDOMINAL PAIN SEVERITY:** If present, ask: "How bad is the pain?" (e.g., Scale 1-10; mild, moderate, or severe)
  - **MILD (1-3):** doesn't interfere with normal activities, abdomen soft and not tender to touch
  - **MODERATE (4-7):** interferes with normal activities or awakens from sleep, abdomen tender to touch
  - **SEVERE (8-10):** excruciating pain, doubled over, unable to do any normal activities
7. **ORAL INTAKE:** If vomiting, "Have you been able to drink liquids?" "How much liquids have you had in the past 24 hours?"
8. **HYDRATION:** "Any signs of dehydration?" (e.g., dry mouth [not just dry lips], too weak to stand, dizziness, new weight loss) "When did you last urinate?"
9. **EXPOSURE:** "Have you traveled to a foreign country recently?" "Have you been exposed to anyone with diarrhea?" "Could you have eaten any food that was spoiled?"
10. **ANTIBIOTIC USE:** "Are you taking antibiotics now or have you taken antibiotics in the past 2 months?"
11. **OTHER SYMPTOMS:** "Do you have any other symptoms?" (e.g., fever, blood in stool)
12. **PREGNANCY:** "Is there any chance you are pregnant?" "When was your last menstrual period?"

## TRIAGE ASSESSMENT QUESTIONS (TAQs)

### Call EMS 911 Now

Shock suspected (e.g., cold/pale/clammy skin, too weak to stand, low BP, rapid pulse)

*R/O: shock. FIRST AID: Lie down with the feet elevated.*

*CA: 40, 1045, 1*

Difficult to awaken or acting confused (e.g., disoriented, slurred speech)

*R/O: shock. FIRST AID: Lie down with the feet elevated.*

*CA: 40, 1045, 1*

Sounds like a life-threatening emergency to the triager

*CA: 40, 1*

### See More Appropriate Guideline

Vomiting also present and worse than the diarrhea

*Go to Guideline: Vomiting (Adult)*

[1] Blood in stool AND [2] without diarrhea

*Go to Guideline: Rectal Bleeding (Adult)*

Diarrhea in a cancer patient who is currently (or recently) receiving chemotherapy or radiation therapy, or cancer patient who has metastatic or end-stage cancer and is receiving palliative care

*Go to Guideline: Cancer - Diarrhea (Adult)*

### Go to ED Now

[1] SEVERE abdominal pain (e.g., excruciating) AND [2] present > 1 hour

*R/O: appendicitis or other acute abdomen*

*CA: 41, 80, 81, 1*

[1] SEVERE abdominal pain AND [2] age > 60 years

*Reason: higher risk of serious cause of abdominal pain, e.g. mesenteric ischemia*

*CA: 41, 80, 81, 1*

[1] Blood in the stool AND [2] moderate or large amount of blood

*R/O: severe Shigella, Salmonella, Campylobacter or E. coli 0157*

*CA: 41, 80, 81, 1*

Black or tarry bowel movements (Exception: chronic-unchanged black-grey bowel movements AND is taking iron pills or Pepto-Bismol)

*R/O: gastritis, peptic ulcer disease*

*CA: 41, 80, 81, 1*

### **Go to ED Now (or PCP triage)**

[1] Drinking very little AND [2] dehydration suspected (e.g., no urine > 12 hours, very dry mouth, very lightheaded)

*Reason: may need IV hydration*

CA: 42, 80, 1

Patient sounds very sick or weak to the triager

*Reason: Severe acute illness or serious complication suspected.*

CA: 42, 80, 1

### **See HCP (or PCP Triage) Within 4 Hours**

[1] SEVERE diarrhea (e.g., 7 or more times / day more than normal) AND [2] age > 60 years

*Reason: higher risk for dehydration*

CA: 43, 20, 89, 1

[1] Constant abdominal pain AND [2] present > 2 hours

*R/O: diverticulitis, appendicitis or other acute abdomen*

CA: 43, 89, 1

[1] Fever > 103 F (39.4 C) AND [2] not able to get the fever down using Fever Care Advice

CA: 43, 20, 1002, 1005, 89, 1

### **See PCP Within 24 Hours**

[1] SEVERE diarrhea (e.g., 7 or more times / day more than normal) AND [2] present > 24 hours (1 day)

*Reason: higher risk of dehydration*

CA: 44, 26, 27, 24, 25, 2, 5, 7, 17, 1

[1] MODERATE diarrhea (e.g., 4-6 times / day more than normal) AND [2] present > 48 hours (2 days)

*Reason: higher risk of dehydration*

CA: 44, 3, 4, 24, 25, 2, 5, 7, 17, 1

[1] MODERATE diarrhea (e.g., 4-6 times / day more than normal) AND [2] age > 70 years

*Reason: higher risk of dehydration and morbidity*

CA: 44, 26, 27, 7, 17, 1

Fever > 101 F (38.3 C)

*R/O: bacterial diarrhea*

CA: 44, 16, 20, 1002, 1005, 17, 1

Fever present > 3 days (72 hours)

*R/O: bacterial diarrhea*

CA: 44, 16, 20, 1002, 1005, 17, 1

Abdominal pain (Exception: Pain clears with each passage of diarrhea stool)

*R/O: bacterial diarrhea*

CA: 44, 20, 89, 1

[1] Blood in the stool AND [2] small amount of blood

(Exception: only on toilet paper. Reason: diarrhea can cause rectal irritation with blood on wiping)

*R/O: bacterial diarrhea*

CA: 44, 20, 89, 1

[1] Mucus or pus in stool AND [2] present > 2 days AND [3] diarrhea is more than mild

*R/O: bacterial diarrhea*

CA: 44, 16, 17, 1

[1] Recent antibiotic therapy (i.e., within last 2 months) AND [2] diarrhea present > 3 days since antibiotic was stopped

*R/O: C. difficile diarrhea*

CA: 44, 15, 3, 4, 17, 1

[1] Recent hospitalization AND [2] diarrhea present > 3 days

*R/O: C. difficile diarrhea*

CA: 44, 30, 3, 4, 17, 1

Weak immune system (e.g., HIV positive, cancer chemo, splenectomy, organ transplant, chronic steroids)

*Reason: broader range of causes*

CA: 44, 3, 4, 10, 17, 1

Tube feedings (e.g., nasogastric, g-tube, j-tube)

*R/O: osmotic diarrhea*

CA: 44, 23, 87, 89, 1

### **Call PCP Within 24 Hours**

Travel to a foreign country in past month

*Reason: Antibiotic therapy may be indicated for the treatment of Traveler's Diarrhea.*

CA: 50, 11, 12, 3, 4, 2, 5, 24, 25, 17, 1

### **See PCP Within 3 Days**

[1] MILD diarrhea (e.g., 1-3 or more stools than normal in past 24 hours) without known cause AND

[2] present > 7 days

*R/O: bacterial cause or Giardia*

CA: 45, 3, 4, 7, 17, 1

### **See PCP Within 2 Weeks**

Diarrhea is a chronic symptom (recurrent or ongoing AND present > 4 weeks)

CA: 46, 3, 4, 7, 18, 8, 1

## Home Care

SEVERE diarrhea (e.g., 7 or more times / day more than normal)

*Reason: new or transient diarrhea without significant risk factors; may respond to homecare measures*

CA: 48, 9, 26, 27, 24, 25, 2, 5, 7, 6, 8, 1

MILD-MODERATE diarrhea (e.g., 1-6 times / day more than normal)

*Reason: new or transient diarrhea without significant risk factors; may respond to homecare measures. R/O: viral gastroenteritis*

CA: 48, 9, 3, 4, 24, 25, 2, 5, 7, 6, 8, 1

[1] MILD diarrhea AND [2] taking antibiotics

CA: 48, 31, 3, 4, 28, 29, 32, 1

### CARE ADVICE (CA)

1. **Care Advice** given per Diarrhea (Adult) guideline.
2. **Diarrhea Medicine - Bismuth Subsalicylate (e.g., Kaopectate, Pepto-Bismol):**
  - This medicine can help reduce diarrhea, vomiting, and abdominal cramping. It is available over-the-counter (OTC) in a drugstore.
  - **Adult dosage:** Take two tablets or two tablespoons by mouth every hour (if diarrhea continues) to a maximum of 8 doses in a 24 hour period.
  - Do not use for more than 2 days.
3. **Fluid Therapy During Mild to Moderate Diarrhea:**
  - Drink more fluids, at least 8 to 10 cups daily. One cup equals 8 oz (240 ml).
  - **Water:** For mild to moderate diarrhea, water is often the best liquid to drink. You should also eat some salty foods (e.g., potato chips, pretzels, saltine crackers). This is important to make sure you are getting enough salt, sugars, and fluids to meet your body's needs.
  - **Sports drinks:** You can also drink half-strength sports drinks (e.g., Gatorade, Powerade) to help treat and prevent dehydration. Mix the sports drink half and half with water.
  - **Avoid** caffeinated beverages. *Reason:* Caffeine is mildly dehydrating.
  - **Avoid** alcohol beverages (e.g., beer, wine, hard liquor).
  - **Avoid** carbonated soft drinks (soda) as these can make your diarrhea worse.
4. **Food and Nutrition During Mild to Moderate Diarrhea:**
  - Maintaining some food intake during episodes of diarrhea is important.
  - Begin with boiled starches / cereals (e.g., potatoes, rice, noodles, wheat, oats) with a small amount of salt to taste.
  - You can also eat bananas, yogurt, crackers, soup.
  - Eat smaller meals and snacks more often during the day rather than 3 larger meals.
  - As the diarrhea starts to get better, you can slowly return to a normal diet.
  - **Avoid** milk and dairy products if these make your diarrhea worse.
  - **Avoid** greasy, fatty or spicy foods.

5. **Diarrhea Medicine - Bismuth Subsalicylate - Extra Notes and Warnings:**
  - May cause a temporary darkening of stool and tongue.
  - Do not use if allergic to aspirin.
  - Do not use in pregnancy.
  - *Before taking any medicine, read all the instructions on the package.*
6. **Expected Course:**
  - Viral diarrhea lasts 4 to 7 days.
  - It is usually worse on days 1 and 2.
7. **Contagiousness:**
  - Wash your hands after using the bathroom.
  - Wash your hands before fixing or eating food.
  - If your work is cooking, handling, serving, or preparing food, then you should not work until the diarrhea has completely stopped. Check with your employer before going back to work.
  - Wash soiled towels, sheets, or clothes separately.
  - Do not share towels or sheets.
  - Do not swim for 2 weeks after diarrhea is gone.
8. **Call Back If:**
  - Signs of dehydration occur (e.g., no urine over 12 hours, very dry mouth, lightheaded, etc.)
  - Diarrhea lasts over 7 days
  - You become worse
9. **Reassurance and Education - Diarrhea:**
  - Diarrhea may be caused by a virus ("stomach flu") or a bacteria. Diarrhea is one of the body's way of getting rid of germs.
  - Certain foods (e.g., dairy products, supplements like Ensure) can also trigger diarrhea.
  - In some people, the exact cause is never found.
  - Staying well-hydrated is the most important thing if you have diarrhea. From what you have told me, it sounds like you are not severely dehydrated at this point.
  - *Here is some general care advice that should help.*
10. **Do Not Use - Bismuth Subsalicylate (e.g., Kaopectate, Pepto-Bismol):**
  - Do not take bismuth subsalicylate for chronic (long-term) diarrhea.
  - *Reason:* Diarrhea in people with a weak immune system may be chronic problem. There could be side effects from taking this medicine long-term.
11. **Traveler's Diarrhea:**
  - Traveler's diarrhea typically begins within two weeks of traveling to a foreign country. There are bacteria in the water and food that your body is not used to and a diarrheal infection is the result. Traveler's Diarrhea is also called "Mummy Tummy," "Montezuma's revenge," and Turista.
  - *Symptoms:* Passing at least three loose stools a day. Other symptoms may include nausea, vomiting, abdominal cramping, urgency to pass stools, and fever.
  - *Treatment:* Antibiotics may sometimes be used to treat this type of diarrhea.

12. **Travel and Risk of Diarrhea:**
- *High risk:* Travel to Latin America, Africa, Southern Asia - diarrhea occurs in 40% of travelers.
  - *Moderate risk:* Travel to Northern Mediterranean countries, Middle East, China, and Russia - diarrhea occurs in 10-15% of travelers.
  - *Low risk:* Travel to United States, Western Europe, Canada, Japan - diarrhea occurs in 2-4% of travelers.
15. **Reassurance and Education - Recent Antibiotic Treatment:**
- Most diarrhea that occurs while taking antibiotics will resolve on its own.
  - Some people can develop a type of bacterial diarrhea after taking antibiotics.
  - You may need to provide a stool sample. Bring a sample of the diarrhea (e.g., in a container with a lid).
16. **Stool Sample:**
- It could be bacterial diarrhea.
  - You may need to provide a stool culture.
  - Bring a sample of the diarrhea (e.g., in a container with a lid).
17. **Call Back If:**
- Signs of dehydration occur (e.g., no urine over 12 hours, very dry mouth, lightheaded, etc.)
  - Bloody stools
  - Constant or severe abdomen pain
  - You become worse
18. **Diarrhea Diary:**
- Please keep a diary of the diarrhea each day.
  - Write down how often the diarrhea occurs and how loose it is.
  - This can help make the correct diagnosis.
20. **Clear Fluids:**
- Drink more fluids.
  - Sip water or a half-strength sports drink (e.g., Gatorade, Powerade; mix half and half with water).
  - *Other options:* An oral rehydration solution (e.g., Pedialyte, Rehydralyte).
23. **Alternate Disposition - Contact Home Health Nurse:**
- If the patient has a home health nurse, a home visit may be an option instead of an office visit.
  - The home health nurse can assess the patient, check tube placement, and provide education.

24. **Diarrhea Medicine - Loperamide (Imodium AD):**
- This medicine helps decrease diarrhea. It is available over-the-counter (OTC) in a drugstore.
  - **Adult dosage:** 4 mg (2 capsules) is the recommended first dose. You may take an additional 2 mg (1 capsule) after each loose stool.
  - **Maximum dosage:** 16 mg per day (8 capsules).
  - Do not use for more than 2 days.
25. **Diarrhea Medicine - Loperamide - Extra Notes and Warnings:**
- **Do Not** use if there is a fever over 100.4 F (38.0 C) or if there is blood or mucus in the stools.
  - **Do Not** drink tonic water. It can interact with loperamide and may cause a serious heart problems.
  - *Before taking any medicine, read all the instructions on the package.*
26. **Fluid Therapy During Severe Diarrhea:**
- Drink more fluids, at least 8 to 10 cups daily. One cup equals 8 oz (240 ml).
  - **Water:** For mild to moderate diarrhea, water is often the best liquid to drink. You should also eat some salty foods (e.g., potato chips, pretzels, saltine crackers). This is important to make sure you are getting enough salt, sugars, and fluids to meet your body's needs.
  - **Sports drinks:** You can also drink half-strength sports drinks (e.g., Gatorade, Powerade) to help treat and prevent dehydration. Mix the sports drink half and half with water.
  - **Avoid** caffeinated beverages. *Reason:* Caffeine is mildly dehydrating.
  - **Avoid** alcohol beverages (e.g., beer, wine, hard liquor).
  - **Avoid** carbonated soft drinks (soda) as these can make your diarrhea worse.
27. **Food and Nutrition During Severe Diarrhea:**
- Drinking enough liquids is more important than eating when one has severe diarrhea.
  - As the diarrhea starts to get better, you can slowly return to a normal diet.
  - Begin with boiled starches / cereals (e.g., potatoes, rice, noodles, wheat, oats) with a small amount of salt.
  - You can also eat bananas, yogurt, crackers, soup.
28. **Probiotic Supplements:**
- Probiotic supplements contain healthy bacteria (such as Lactobacillus). They help provide good bacteria for gut (intestines).
  - Probiotic supplements are available in drugstores and health food stores.
  - They come in tablets, capsules, and granules. You can mix the granules with food or drinks.
  - *Before taking any medicine, read all the instructions on the package.*
29. **Yogurt and Kefir:**
- Consider eating yogurt twice a day. Yogurt contains probiotics (good bacteria for the gut).
  - Choose a brand that has "active cultures."
  - Another option is Kefir. Kefir is a fermented beverage that tastes like a yogurt drink. It has a higher amount of probiotic cultures than yogurt.



30. **Reassurance and Education - Recent Hospitalization:**
- If you have been in the hospital recently, your diarrhea might be caused by a bacteria called C. Diff.
  - Your doctor (or NP/PA) may want to test your stool to check for this bacteria.
  - Bring a sample of the diarrhea (e.g., in a container with a lid) to your appointment.
31. **Reassurance and Education - Diarrhea While Taking an Antibiotic:**
- It is common to have mild diarrhea when taking an antibiotic.
  - Diarrhea is not an allergic reaction to the antibiotic.
  - Antibiotics can upset the natural balance of bacteria (normal flora) in the gut (intestines).
  - *Here is some care advice that should help.*
32. **Call Back If:**
- Signs of dehydration occur (e.g., no urine over 12 hours, very dry mouth, lightheaded, etc.)
  - Diarrhea lasts more than 3 days after finishing antibiotic
  - Diarrhea becomes severe
  - You become worse
40. **Call EMS 911 Now:**
- Immediate medical attention is needed. You need to hang up and call 911 (or an ambulance).
  - *Triager Discretion:* I'll call you back in a few minutes to be sure you were able to reach them.
41. **Go to ED Now:**
- You need to be seen in the Emergency Department.
  - Go to the ED at \_\_\_\_\_ Hospital.
  - Leave now. Drive carefully.
42. **Go to ED Now (or PCP Triage):**
- **If No PCP (Primary Care Provider) Second-Level Triage:** You need to be seen within the next hour. Go to the ED/UCC at \_\_\_\_\_ Hospital. Leave as soon as you can.
  - **If PCP Second-Level Triage Required:** You may need to be seen. Your doctor (or NP/PA) will want to talk with you to decide what's best. I'll page the provider on-call now. If you haven't heard from the provider (or me) within 30 minutes, go directly to the ED/UCC at \_\_\_\_\_ Hospital.

43. **See HCP (or PCP Triage) Within 4 Hours:**
- **If Office Will Be Open:** You need to be seen within the next 3 or 4 hours. Call your doctor (or NP/PA) now or as soon as the office opens.
  - **If Office Will Be Closed and No PCP (Primary Care Provider) Second-Level Triage:** You need to be seen within the next 3 or 4 hours. A nearby Urgent Care Center (UCC) is often a good source of care. Another choice is to go to the ED. Go sooner if you become worse.
  - **If Office Will Be Closed and PCP Second-Level Triage Required:** You may need to be seen. Your doctor (or NP/PA) will want to talk with you to decide what's best. I'll page the on-call provider now. If you haven't heard from the provider (or me) within 30 minutes, call again. **Note:** If on-call provider can't be reached, send to UCC or ED.
- Note to Triager:**
- Use nurse judgment to select the most appropriate source of care.
  - Consider both the urgency of the patient's symptoms AND what resources may be needed to evaluate and manage the patient.
- Sources of Care:**
- **ED:** Patients who may need surgery or hospital admission need to be sent to an ED. So do most patients with serious symptoms or complex medical problems.
  - **UCC:** Some UCCs can manage patients who are stable and have less serious symptoms (e.g., minor illnesses and injuries). The triager must know the UCC capabilities before sending a patient there. If unsure, call ahead.
  - **OFFICE:** If patient sounds stable and not seriously ill, consult PCP (or follow your office policy) to see if patient can be seen NOW in office.
44. **See PCP Within 24 Hours:**
- **If Office Will Be Open:** You need to be examined within the next 24 hours. Call your doctor (or NP/PA) when the office opens and make an appointment.
  - **If Office Will Be Closed:** You need to be seen within the next 24 hours. A clinic or an urgent care center is often a good source of care if your doctor's office is closed or you can't get an appointment.
  - **If Patient Has No PCP:** Refer patient to a clinic or urgent care center. Also try to help caller find a PCP for future care.
- Note to Triager:**
- Use nurse judgment to select the most appropriate source of care.
  - Consider both the urgency of the patient's symptoms AND what resources may be needed to evaluate and manage the patient.
45. **See PCP Within 3 Days:**
- You need to be seen within 2 or 3 days.
  - **PCP Visit:** Call your doctor (or NP/PA) during regular office hours and make an appointment. A clinic or urgent care center are good places to go for care if your doctor's office is closed or you can't get an appointment. **Note:** If office will be open tomorrow, tell caller to call then, not in 3 days.
  - **If Patient Has No PCP:** A clinic or urgent care center are good places to go for care if you do not have a primary care provider. **Note:** Try to help caller find a PCP for future care (e.g., use a physician referral line). Having a PCP or "medical home" means better long-term care.

46. **See PCP Within 2 Weeks:**
- You need to be seen for this ongoing problem within the next 2 weeks.
  - **PCP Visit:** Call your doctor (or NP/PA) during regular office hours and make an appointment.
  - **If Patient Has No PCP:** A primary care clinic is where you need to be seen for chronic health problems. **Note:** Try to help caller find a PCP (e.g., use a physician referral line). Having a PCP or "medical home" means better long-term care.
47. **Home Care - Information or Advice Only Call.**
48. **Home Care:**
- You should be able to treat this at home.
49. **Call PCP Now:**
- You need to discuss this with your doctor (or NP/PA).
  - I'll page the on-call provider now. If you haven't heard from the provider (or me) within 30 minutes, call again.
50. **Call PCP Within 24 Hours:**
- You need to discuss this with your doctor (or NP/PA) within the next 24 hours.
  - **If Office Will Be Open:** Call the office when it opens tomorrow morning.
  - **If Office Will Be Closed:** I'll page the on-call provider now. **Exception:** from 9 pm to 9 am. Since this isn't urgent, we'll hold the page until morning.
51. **Call PCP When Office Is Open:**
- You need to discuss this with your doctor (or NP/PA) within the next few days.
  - Call the office when it is open.
52. **Go to L&D Now:**
- You need to be seen.
  - Go to the Labor and Delivery Unit or the Emergency Department at \_\_\_\_\_ Hospital.
  - Leave now. Drive carefully.
80. **Another Adult Should Drive:**
- It is better and safer if another adult drives instead of you.
81. **Bring Medicines:**
- Bring a list of your current medicines when you go to the Emergency Department (ER).
  - Bring the pill bottles too. This will help the doctor (or NP/PA) to make certain you are taking the right medicines and the right dose.
87. **Bring Medicines:**
- Bring a list of your current medicines when you go to see the doctor (or NP/PA).
  - Bring the pill bottles too. This will help the doctor to make certain you are taking the right medicines and the right dose.

89. **Call Back If:**
- You become worse
1002. **Fever Medicines:**
- For fevers above 101° F (38.3° C) take either acetaminophen or ibuprofen.
  - They are over-the-counter (OTC) drugs that help treat both fever and pain. You can buy them at the drugstore.
  - The goal of fever therapy is to bring the fever down to a comfortable level. Remember that fever medicine usually lowers fever 2 degrees F (1 - 1 1/2 degrees C).
  - **Acetaminophen Regular Strength Tylenol:** Take 650 mg (two 325 mg pills) by mouth every 4-6 hours as needed. Each Regular Strength Tylenol pill has 325 mg of acetaminophen. The most you should take each day is 3,250 mg (10 pills a day).
  - **Acetaminophen - Extra Strength Tylenol:** Take 1,000 mg (two 500 mg pills) every 8 hours as needed. Each Extra Strength Tylenol pill has 500 mg of acetaminophen. The most you should take each day is 3,000 mg (6 pills a day).
  - **Ibuprofen (e.g., Motrin, Advil):** Take 400 mg (two 200 mg pills) by mouth every 6 hours. The most you should take each day is 1,200 mg (six 200 mg pills), unless your doctor has told you to take more.
1005. **Fever Medicines - Extra Notes and Warnings:**
- Use the lowest amount of medicine that makes your fever better.
  - Acetaminophen is thought to be safer than ibuprofen or naproxen in people over 65 years old. Acetaminophen is in many OTC and prescription medicines. It might be in more than one medicine that you are taking. You need to be careful and not take an overdose. An acetaminophen overdose can hurt the liver.
  - McNeil, the company that makes Tylenol, has different dosage instructions for Tylenol in Canada and the United States. In Canada, the maximum recommended dose per day is 4,000 mg or twelve Regular-Strength (325 mg) pills. In the United States, the maximum dose per day is ten Regular-Strength (325 mg) pills.
  - **Caution:** Do not take acetaminophen if you have liver disease.
  - **Caution:** Do not take ibuprofen if you have stomach problems, kidney disease, are pregnant, or have been told by your doctor to avoid this type of anti-inflammatory drug. Do not take ibuprofen for more than 7 days without consulting your doctor.
  - *Before taking any medicine, read all the instructions on the package.*
1045. **First Aid - Lie Down for Shock:**
- Lie down with feet elevated.
  - *Reason:* Treatment for shock.

## FIRST AID



**FIRST AID Advice for Shock:** Lie down with the feet elevated.

## BACKGROUND INFORMATION

### Key Points

- The majority of adults with acute diarrhea (less than 14 days duration) have an infectious etiology for their diarrhea, and in most cases the infection is a virus. Other common causes of acute diarrhea are food poisoning and medications.
- Maintaining hydration is the cornerstone of treatment for adults with acute diarrhea.
- In general, an adult who is alert, feels well, and who is not thirsty or dizzy: is NOT dehydrated. A couple loose or runny stools do not cause dehydration. Frequent, watery stools can cause dehydration.
- Antibiotic therapy is only rarely required in the treatment of acute diarrhea. Two types of acute diarrhea that require antibiotic therapy are *C. difficile* diarrhea and (sometimes) Traveler's Diarrhea.

## Causes

- Antibiotic side effect (e.g., temporary diarrhea from Augmentin / amoxicillin clavulanic acid)
- Bacterial gastroenteritis (i.e., *Campylobacter*, *Salmonella*, *Shigella*)
- Cathartics, excessive use of (e.g., magnesium citrate, milk of magnesia)
- Food poisoning
- Giardiasis
- Inflammatory bowel disease
- Irritable bowel syndrome
- *Pseudomembranous colitis*: Pseudomembranous colitis is an inflammation in the colon that occurs in some people from taking antibiotics. It is usually caused by an over-growth of a specific type bacteria called *Clostridium difficile* (*C. difficile*). Other names that are used to describe this illness include antibiotic-associated diarrhea and *C. difficile* colitis.
- Traveler's diarrhea
- Viral gastroenteritis

## Traveler's Diarrhea

- **Definition:** Traveler's diarrhea typically begins within two weeks of traveling to a foreign country. There are bacteria in the water and food that the body is not used to and a diarrheal infection is the result. Traveler's diarrhea is also called "mummy tummy," "Montezuma's revenge," and "turista".
- **Symptoms:** Passage of at least three loose stools a day; accompanying symptoms may include nausea, vomiting, abdominal cramping, fecal urgency, and fever.
- **Region and Risk:** Travelers to the following developing areas have a **high-risk** (40%) of getting traveler's diarrhea: Latin America, Africa, South Asia. There is an **intermediate-risk** (15%) with travel to Northern Mediterranean countries, the Middle East, China, and Russia. Travelers to the United States, Western Europe, Canada, and Japan have a **low risk** (2-4%) of getting traveler's Diarrhea.
- **Prevention: Diet:** Avoid uncooked foods (salad). Cooked foods (served steaming hot) are usually safe as are dry foods (e.g., bread). Avoid ice cubes and tap water. Drink steaming beverages (e.g., coffee, tea) or carbonated drinks (e.g., bottled soft drinks, beer). Fruits that can be peeled are usually safe (e.g., oranges, bananas, apples).
- **Prevention: Bismuth Subsalicylate:** Bismuth (Pepto-Bismol 8 tablets daily PO) is approximately 65% effective at preventing Traveler's Diarrhea.
- **Prevention: Antibiotics:** Antibiotic chemoprophylaxis (prevention) during travel may be indicated in certain circumstances. Rifaximin (200 mg PO BID with meals) is approximately 70-80% effective at preventing traveler's diarrhea.
- **Treatment - Anti-Diarrheal Agents:** Bismuth subsalicylate (Pepto-Bismol) and loperamide (Imodium AD) are both effective at reducing the diarrhea symptoms.
- **Treatment - Antibiotics:** Antibiotic therapy is sometimes recommended to treat this type of diarrhea, especially if the symptoms are more than mild. There are a number of antibiotics that are effective including ciprofloxacin (Cipro), azithromycin (Zithromax), and rifaximin (Xifaxan 200 mg PO TID for 3 days).

## Norwalk Virus

- **Definition:** The Norwalk virus is one cause of stomach flu (viral gastroenteritis). It is usually acquired through contaminated food or water. In 2002 and 2003 this received significant media attention when several cruise ships had outbreaks in which hundreds of passengers were affected.
- **Symptoms:** acute onset of diarrhea, vomiting, abdominal cramps. In adults there is usually more diarrhea than vomiting. The symptoms typically last 1 to 2 days.
- **Epidemiology:** The Norwalk virus is the number one cause of epidemic gastroenteritis. Outbreaks have been reported in restaurants, nursing homes, hospitals, and vacation settings like cruise ships.
- **Incubation period:** 1-3 days
- **Prevention:** How can one avoid exposure while on a vacation? Avoid uncooked food. Drink bottled water (avoid ice cubes). Wash your hands frequently. Do not share glassware or eating utensils.
- **Treatment:** Antibiotics are not helpful since this is a viral infection. Maintaining adequate hydration through intake of oral liquids is the most important thing. Pepto-Bismol can be used.

## Sexually Transmitted Intestinal Infections

Receptive anal or oral-anal sex increases the risk of certain intestinal infections that can cause diarrhea. Men Who Have Sex with Men (MSM) are at increased risk.

- **Causes:** These infections can be caused by bacteria or parasites. Sexually transmitted infections (e.g., chlamydia, gonorrhea, syphilis) can also cause rectal infections and diarrhea.
- **Diagnosis:** Diagnosis is made by testing the stool (e.g., culture, ova and parasites) and testing for sexually transmitted infections.

To prevent spread, those at risk should:

- Wash hands after using the bathroom and before eating.
- Avoid swimming until 2 weeks after diarrhea stops.
- Avoid sex while having symptoms and for 7 days after symptoms stop.
- Use condoms for sex.

## Dehydration - Estimation By Telephone...

In general, an adult who is alert, feels well, and who is not thirsty or dizzy, is NOT dehydrated. A couple loose or runny stools do not cause dehydration. Frequent, watery stools can cause dehydration.

### Signs and Symptoms of **Mild Dehydration**

1. **Mental status:** Well, alert
2. **Urine production:** slightly decreased
3. **Urine color:** yellow
4. **Mucous membranes:** normal
5. **Heart rate:** Normal, < 100 beats / minute
6. **Thirst:** Slightly thirsty.
7. **Capillary refill:** < 2 sec
8. **Triage Disposition and Treatment:** Can usually treat at home.

### Signs and Symptoms of **Moderate Dehydration**

1. **Mental status:** Alert, tired; lightheaded when standing
2. **Urine production:** minimal or absent, last urinated over 12 hours
3. **Urine color:** dark yellow

4. *Mucous membranes*: dry inside of mouth
5. *Heart rate*: Increased; 100-130 beats / minute
6. *Thirst*: Thirsty, drinks eagerly
7. *Capillary refill*: > 2 sec
8. **Triage Disposition and Treatment**: Must be seen; Go to ED Now (or PCP triage).

#### Signs and Symptoms of **Severe Dehydration (Early Shock)**

1. *Mental status*: Very weak and lightheaded; very tired; fainting may occur; may be too weak to stand or walk
2. *Urine production*: Minimal or absent, last urinated over 12 hours
3. *Urine color*: dark yellow-brown
4. *Mucous membranes*: Parched or very dry inside of mouth
5. *Heart rate*: Rapid, > 130 beats / minute
6. *Thirst*: May be very thirsty, however, may drink poorly or not able to drink
7. *Capillary refill*: > 2-4 sec
8. **Triage Disposition and Treatment**: Must be seen immediately; Go to ED NOW or CALL EMS 911 NOW.

#### Signs and Symptoms of **Shock**

1. *Mental status*: Confused, difficult to awaken, or unresponsive
2. *Heart rate*: Pulse is rapid and weak (thready); heart rate may become slow
3. *Skin*: Extremities (especially hands and feet) are bluish or gray, and cold
4. *Capillary Refill*: > 4 seconds
5. **Triage Disposition and Treatment**: Lie down with the feet elevated; CALL EMS 911 NOW.

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## SEARCH WORDS

ABDOMINAL CRAMP  
ABDOMINAL CRAMPING  
ABDOMINAL CRAMPS  
ACUTE GASTROENTERITIS  
BACTERIAL DIARRHEA  
BMS  
BOWEL CONTROL  
BOWEL MOTION  
BOWEL MOTIONS  
BOWEL MOVEMENT  
BOWEL MOVEMENTS  
COLITIS  
CRAMP  
CRAMPS  
CRUISE SHIP  
DEHYDRATED  
DEHYDRATION  
DIARRHEA  
DYSENTERY  
EXPLOSIVE STOOL  
EXPLOSIVE STOOLS  
FLATULENCE  
FOOD POISONING

FOREIGN TRAVEL  
FREQUENT STOOL  
FREQUENT STOOLS  
GASTROENTERITIS  
LOOSE STOOL  
LOOSE STOOLS  
MUCUS IN STOOL  
MUCUS IN STOOLS  
NORWALK  
NORWALK VIRUS  
PERSISTENT DIARRHEA  
PUS IN STOOL  
PUS IN STOOLS  
RECENT TRAVEL  
RECTUM  
SEVERE DIARRHEA  
STOOL  
STOOLS  
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