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### • Home Management of DIARRHEA: 6 - 12 months.

Diarrhea is a frequent problem in Pediatrics, mostly caused by viral agents known as **Viral Enteritis**. When vomiting is also present it is known as **Viral Gastroenteritis**. When mucus and blood are present, it is called Dysentery. On occasion bacteria, amebas and other parasites are cause of diarrhea. Commonly in infants and toddlers, especially girls, Urinary Tract Infection may present with diarrhea.

The most feared complication is **dehydration**, this is why treatment is geared to prevent dehydration using clear liquids and oral rehydration solutions. Anti-diarrhea medications are not very effective in Pediatrics, however at times your pediatrician may consider using these medications in appropriate situations. When the patient does not improve with oral hydration, he or she may require admission to the hospital for IV fluid hydration.

#### Steps:

- Stop infant formula, begin an oral rehydration solution such as PEDIALYTE or ENFALYTE, you may also try as alternative apple juice diluted  $\frac{1}{2}$  strength with water, **4 oz every 2 hr, or after each stool.**
- Follow with soy formula such as ENFAMIL SOY (Prosobee) or SIMILAC Soy (Isomil), or lactose-free formula such as ENFAMIL GENTLEASE or SIMILAC SENSITIVE, any of those formulas start at **4 oz every 4 hr.** Continue with the formula x 3-5 days, 8 oz 3 times daily.
- If the formula is well tolerated, follow with the BRAT diet:

B = banana

R = rice cereal

A = applesauce

T = toast

For babies 10-12 months old, you may also add jello, yogurt, steamed rice, steamed potatoes, steamed chicken white meat, steamed noodles.