



## Diarrhoea and Vomiting in Adults

Diarrhoea and Vomiting is common and usually caused by a viral infection that rarely requires any medical treatment. The symptoms of sickness and diarrhoea usually last for a few days but it may take up to a week for your normal bowel pattern to return. Common symptoms are: -

- Vomiting
- Loose watery stools
- Cramping abdominal pain
- Fever/aching limbs

### When to seek medical advice:

You should see a doctor if you develop blood in your stools or vomit, if you have been travelling in the last few weeks or if your symptoms persist beyond 5 days. It is rare for adults to become severely dehydrated due to diarrhoea and vomiting however this is more common in the elderly, pregnant women, those who cannot tolerate any oral fluids due to severe vomiting, or if you have a weakened immune system due to chemotherapy or other medications, kidney disease or diabetes. Symptoms of severe dehydration include:

- Weakness/dizziness/light-headedness
- Confusion/irritability
- Dry mouth/tongue
- Rapid heart rate
- Drowsiness
- Producing very little urine

### Things to help you get better:

DO drink plenty of water – small amounts regularly

DO eat when you feel able, small amounts of plain foods are best to start with

DO wash your hand well after using the toilet and before preparing or eating food

DO take simple painkillers to reduce the abdominal pain or fever

DON'T drink fizzy drinks

DON'T prepare or severe food for others

DON'T return to work or school until you are 48 hours free of symptoms

### Long-term problems:

It is rare to get any long term effects from short episodes of diarrhoea and vomiting. If symptoms persist beyond 5 days your GP may ask for a stool sample and in very rare cases this may indicate the need for antibiotics.

Very rarely after these illnesses you can develop a temporary intolerance to milk products due to damage to your gut lining causing a lack of the enzyme that digests the sugars in dairy products. This can give bloating, abdominal pain, wind and diarrhoea after eating these products but settles within a few weeks without any treatment.

### Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

### Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.

### **If you have any comments about this leaflet or the service you have received you can contact :**

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

[www.cht.nhs.uk](http://www.cht.nhs.uk)

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

[www.cht.nhs.uk](http://www.cht.nhs.uk)

### **If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔