

GASTROENTERITIS DIET INSTRUCTIONS

Gastroenteritis is a limited illness of your intestines caused by viruses or food. It is associated with nausea, vomiting, and diarrhea (some or all of these symptoms may be present). It does not respond to antibiotics, but some medications may help. Your intestines will not be able to process foods normally, so you will need to limit your diet temporarily.

Generally, we recommend not eating or drinking anything for 1 to 2 hours after the last time you vomited. Then you can start with sips of clear liquids.

Start on the following diet and progress gradually through the steps as you can tolerate. Allow at least six to eight hours between each step.

- Step 1. Clear liquids. These include water, Gatorade, clear bouillon or broth, ginger ale or 7-up, tea, apple juice, popsicles, jello. It is important to have more than just water; be sure to eat something with salt (bouillon or Gatorade).
- Step 2. Bland diet: this includes bananas, plain rice, rice cereal without milk, applesauce, unbuttered toast, and plain noodles. Avoid milk products, as well as foods that are greasy or spicy.
- Step 3. Add broiled or steamed chicken and vegetables. No milk products or spicy/greasy foods.
- Step 4. Regular foods. Slowly add fats/milk/spices to your diet. Too rapid of an increase may make you feel worse.

If vomiting and/or diarrhea return at any time go back to the previous step.

You will need to consider returning to the Health Center (or going to an urgent care center or emergency room if the Health Center is closed) if you see no improvement in 48 hours or your condition worsens.