

**CORDES, PATRANELLA,
AND WINKLER, P.A.**
Pamela M. Patranella, M.D.
Ann R. Winkler, M.D.
Pamela J. Gallagher, M.D.
Kelli Cross, M.D.
Julie Johnson, M.D.
Sally Smith, M.D.

PRACTICE LIMITED TO INFANTS AND CHILDREN
2844 Fifth Avenue North, St. Petersburg, Florida 33713
(727) 323-2727 FAX (727) 327-8101

DIARRHEA

Characterized by an increase in the amount of water in each stool and increase in the frequency.

TREATMENT - over 6 months of age

Continue to feed your child

No apple or prune juice

White grape juice is okay in small amounts

Encourage your child to eat "BRAT" type foods and high fat foods

FIRST DAY Bananas

Rice (white only)

Apple sauce or apples peeled, (NO apple juice)

Toast

Dry cereal such as Cheerios and Rice Crispies

SECOND DAY Sausage

Hot dogs, bologna, processed meats

Peanut butter

Toast, bread

"Fast foods"

Children with severe diarrhea should avoid dairy products EXCEPT active culture yogurt and aged cheeses are okay.

WE NEED TO SEE YOUR CHILD IF: You see blood in your child's stool or

Your child shows signs of dehydration :

- **No urination for 8 hours**
- **Crying without tears**
- **Dry mouth**
- **Your child shows no improvement in 7 days**
- **Your child has more than 12 stools in one day**