

Your doctor needs to know if you have vomiting and/or diarrhoea and any of the following:

- Extreme weakness.
- Confusion.
- Rapid heartbeat.
- Little or no urine.
- Vomiting and or diarrhoea that gets worse or if signs of blood.
- Severe stomach pain.
- A very high temperature.
- An unusual rash.
- Travelled overseas recently.



*OR: you are unable to drink any fluid
OR: you are unable to take your regular medicines*

What else do I need to know?

VOMITING AND/OR DIARRHOEA USUALLY WILL IMPROVE BY ITSELF IN A DAY OR TWO.

CONTINUE TO TAKE ANY REGULAR MEDICINES.

IF NO IMPROVEMENT AFTER 24-48 HOURS CONTACT YOUR DOCTOR, PHARMACIST OR HEALTHLINE (0800 611 116).

If your condition suddenly deteriorates or you are concerned at any time call an ambulance immediately (DIAL 111).

This is a guide only and is not a replacement for advice and care from your doctor, pharmacist (chemist) or nurse.

ACUTE ADULT REHYDRATION

Vomiting
and/or
Diarrhoea:
A guide for
adults



Vomiting and Diarrhoea can cause the body to lose a lot of fluid (water).

Sometimes too much fluid (water) is lost and the body can become dehydrated.



Who is more likely to become dehydrated?

- 💧 Elderly or people with frailty.
- 💧 Children, especially the very young.
- 💧 Pregnant women.
- 💧 Anyone with severe vomiting and/or diarrhoea.

How do I know if I am dehydrated?

Some or all of the following may occur:

- 💧 Reduced urine.
- 💧 Dizziness or light headedness.
- 💧 Headache.
- 💧 Muscle cramps.
- 💧 Dry mouth and tongue.
- 💧 Sunken eyes.
- 💧 Weakness or tiredness.



ELECTROLYTE SOLUTION (SOMETIMES CALLED REHYDRATION FLUID)

- 💧 This solution may be recommended by your doctor, nurse or pharmacist.
- 💧 It replaces the water that has been lost from the body and helps you recover.
- 💧 It does not stop or prevent diarrhoea and vomiting. This usually improves after a day or so.
- 💧 Follow instructions on the label carefully (the solution may taste a little 'salty', and is best kept cold. Consider making it into ice blocks).
- 💧 Drink as much of the electrolyte solution as you can
 - Sip small amounts frequently, for example a quarter of a cup every 15 minutes.
 - You will need at least two to three litres of electrolyte solution per day and probably more!
 - You can drink extra water as well if you wish.
- 💧 Once opened.....
 - Discard after one hour if kept at room temperature.
 - Discard after 24 hours if kept in the fridge.

DO's

- 💧 Continue with your regular medicines, sometimes vomiting and diarrhoea may make them not work as well, for some medicines this is important, if in doubt talk to your doctor.
- 💧 Eat if you feel like it.....and as soon as you can
 - Small light meals are best (avoid fatty, spicy or high fibre food at first).
- 💧 Prevent others from becoming unwell
 - Wash hands thoroughly after going to the toilet and before eating.
 - Don't share towels.
 - Don't prepare or serve food for others.
 - Stay away from work, school or preparing food until at least 48 hours after vomiting/diarrhoea has stopped.

DO NOT'S

- 💧 Do not drink anything containing a lot of sugar such as soft drinks (even if 'flat') and fruit juice (except diluted apple juice: 1 part fruit juice to 5 parts water).
- 💧 Do not drink alcohol and caffeine drinks (coffee, energy drinks).

