

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223



216032 or patient.information@addenbrookes.nhs.uk



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Emergency Department

Patient Information

Adult patients discharged with diarrhoea and vomiting

Document history

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Contact number	01223 217118
Publish/Review date	June 2011/June 2014
File name	Adult_patients_discharge_with_diarrhoea_and_vomiting
Version number/Ref	1/PIN2766

Diarrhoea and Vomiting

- This is extremely common and is usually caused by an infection. Antibiotics are not normally helpful for this sort of infection
- It is important to keep drinking fluids. It is better to drink squashes than water. You should try and drink a little fluid often.
- You are extremely infectious. You should wash your hands thoroughly with soap and water after every time you go to the toilet. You should not prepare food.
- You should not return to work until 48 hours after your last vomit or episode of diarrhoea.
- You should eat only if you feel hungry and should try light, plain foods such as bread. You should avoid rich, fatty foods as these will make you feel worse.

We advise that you observe the following for the next 12-24 hours.

Do:

- ✓ Rest quietly.
- ✓ Drink plenty of fluid.
- ✓ Wash your hands regularly.

You should return to the Emergency Department if:

- You vomit blood.
- You pass blood from your back passage.
- You have a fainting episode.
- You become so light headed that you can't stand up.

Please telephone the Emergency Department on 01223 217118 should you have any worries or concerns following discharge from hospital.