



DIARRHEA

What causes it and what to do about it

Diarrhea is loose or watery stools that occur more frequently than usual, often accompanied by cramping abdominal pain. There are a number of reasons why this may happen, but the end result is the loss of bodily fluids and dehydration. **The number one thing you have to do is drink water and rest. Seek medical attention if your symptoms are severe or do not go away after a few days.**



"Food poisoning," or "Stomach flu," (Gastroenteritis, Norovirus, E. Coli)

- Diarrhea with nausea and vomiting
- Caused by bacteria or virus
- Goes away in 24-72 hours
- Drink lots of water or electrolyte beverages and rest

Chronic Diarrhea

Diarrhea that does not go away after a few days may be a sign of a more serious issue. For example:

- Lactose intolerance
- Crohn's Disease
- Irritable Bowel Syndrome (IBS)
- Celiac Disease or Gluten intolerance

Medication Side Effects

- A number of medications, especially antibiotics, may cause diarrhea as a side effect
- Read the side effect information from the pharmacy or talk to your medical provider if you have questions about your medications

Call UHS if you experience:

- Symptoms for over two or three days
- Dehydration
- Severe abdominal or rectal pain
- Black or bloody stools
- Fever over 102° Fahrenheit

Check out the latest updates and details from **the Mayo Clinic:**



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