

Diarrhoea



What is diarrhoea



This information is about **diarrhoea**.



Diarrhoea means when your poo is runny.



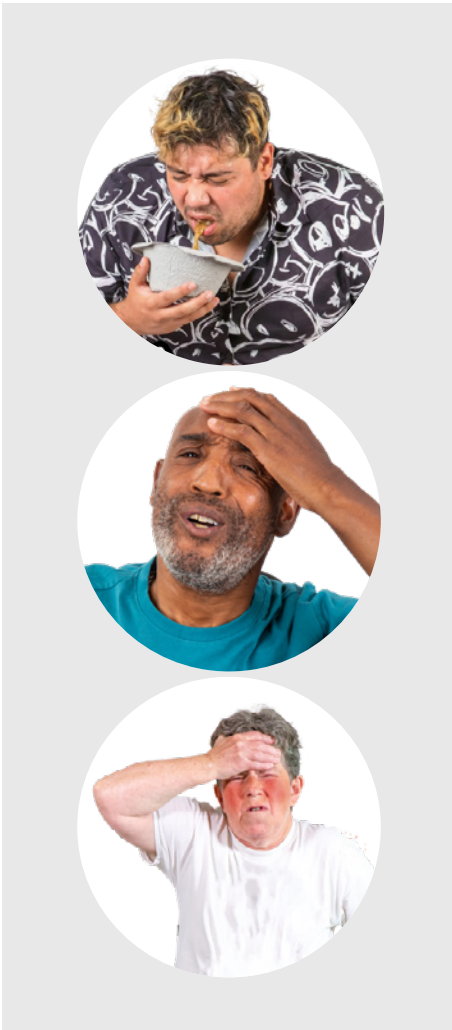
Diarrhoea is when you have 3 or more very runny poos in 1 day.



When you have diarrhoea your tummy might hurt.



You might have to fart a lot.

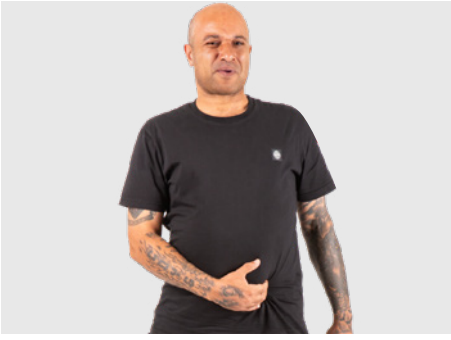


Sometimes you might also

- Vomit
- Have a headache
- Have a **fever**.



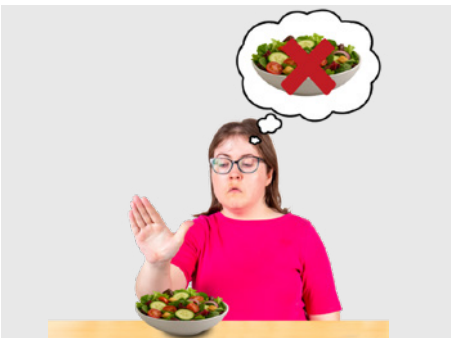
A **fever** is when your body is hotter than normal.



Your tummy could feel **bloated**.



Bloated means it feels big and swollen.

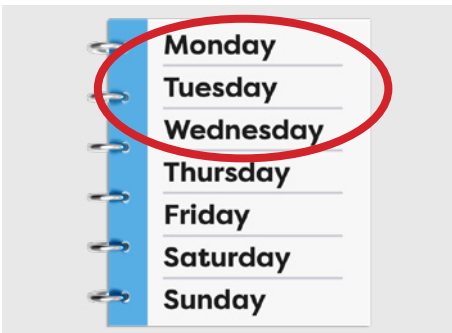


You might not feel like eating.

Why you might have diarrhoea



There are different reasons why you might have diarrhoea.



You can get diarrhoea from being sick from something that will go away after a few days.



This might be

- Food poisoning if you ate something that was bad
- A stomach bug.



You might get diarrhoea for a short time after you made a change to the things you eat.



You can sometimes get diarrhoea from

- Eating some foods like spicy or fatty foods
- Drinking too much alcohol
- Being very stressed.



Some medicines can also make you have runny poo.



If your diarrhoea lasts for a few weeks it may come from a bigger health issue.



Some people with weak **immune systems** might have diarrhoea for a longer time after a stomach bug.

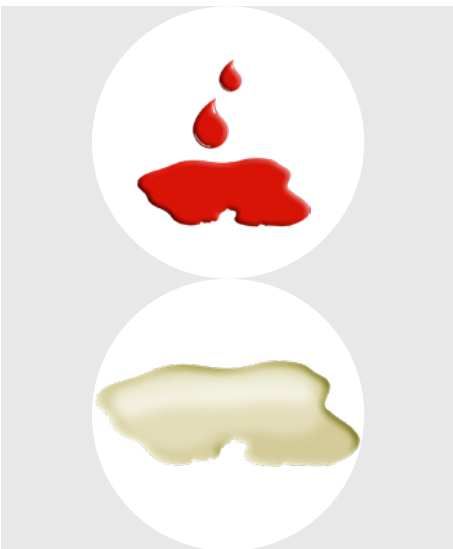


Your **immune system** helps your body fight germs and keeps you healthy.

When to see a doctor



You should see a doctor if your diarrhoea does not get better on its own after a few days.



You should also see a doctor if your poo has

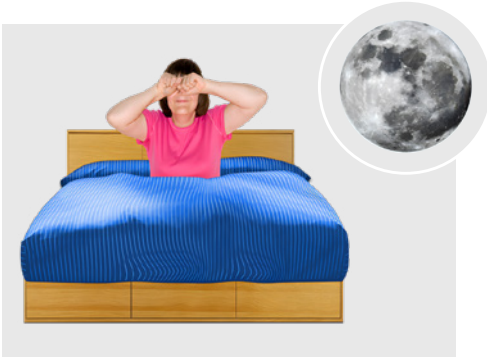
- Blood
- Sticky white or yellow stuff called **mucus**.



You should see a doctor if you also have a fever.



You should see a doctor if you lose weight and you do not know why.



You should see a doctor if the diarrhoea wakes you up at night.



When you see your doctor they will ask you questions about

- Your diarrhoea and how you feel
- Your health in the last weeks and months.



Your doctor will check your body.



Your doctor might do some tests to find out why you have diarrhoea.

When to see a doctor right away



You should go to a doctor or the hospital right away if your diarrhoea is very bad.



You should also go to a doctor fast if you have signs of **dehydration**.



Dehydration means your body does not have enough water.



You might have dehydration if you

- Feel very tired
- Do not have to pee much
- Feel very thirsty
- Have a dry feeling in your mouth.



You should see a doctor right away if there is a lot of blood coming from your bottom.



You should also get health care fast if you have very bad tummy pain.

How to treat diarrhoea



For most people diarrhoea often gets better by itself.



People only need medicine for it sometimes.

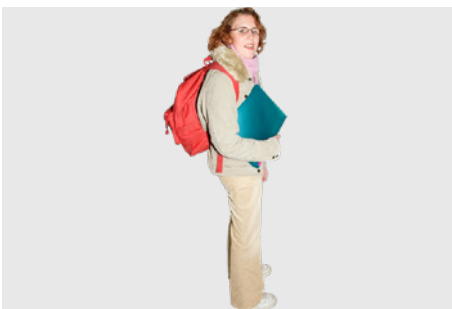


Most of the time you can treat diarrhoea yourself at home.

Looking after yourself with diarrhoea



It is good to rest at home when you have diarrhoea.



You should only go back to work or school after you had no diarrhoea for **1** day.



You should drink a lot of

- Water
- **Oral rehydration solution.**



Oral rehydration solutions are drinks with sugar and salts.



You can buy these drinks at a pharmacy or a shop.



For older people these drinks are better than just water.



You should not drink

- Alcohol
- Drinks with **caffeine** like coffee or cola
- Sports drinks.



You should not have foods or drinks with a lot of sugar.



It is best to eat foods that do not have lots of flavour like rice and crackers.



Do not eat food that

- Is fatty
- Has a lot of **insoluble fibre**.



Insoluble fibre is something in some grains and vegetables that can make poo runny.

Diarrhoea medicines



Talk to a pharmacist or doctor before you take any medicine to stop diarrhoea.



Some medicines are not right for everyone.



You should not use diarrhoea medicines for a long time.



They can slow your body down and keep you not well for longer.

Stop others from getting diarrhoea



A stomach bug is often the reason why you get diarrhoea.



It is easy for other people to get stomach bugs from you.



That is why you should wash your hands often when you have diarrhoea.



You should not make food for other people when you have diarrhoea.



If you have diarrhoea you should not go to



- Visit people in hospitals



- Homes for older people



- Swimming pools.

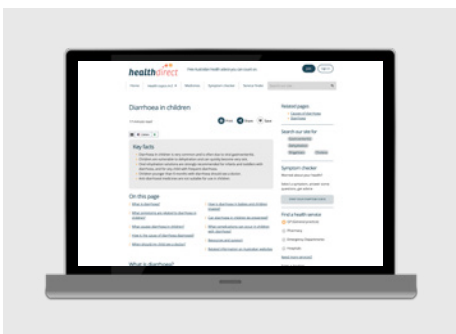
Diarrhea information for children



This information is for adults and children over 12 years.



healthdirect also has information about diarrhoea for children under 12.



You can read this information on our website at www.healthdirect.gov.au/diarrhoea-in-children



This information is not Easy Read.

More information

The logo for healthdirect, featuring the word "health" in a dark blue sans-serif font and "direct" in a red sans-serif font. Above the "i" in "direct" are two small circles, one red and one orange.

You can contact healthdirect for health support on **1800 022 222**.



You will speak with a nurse when you call them.

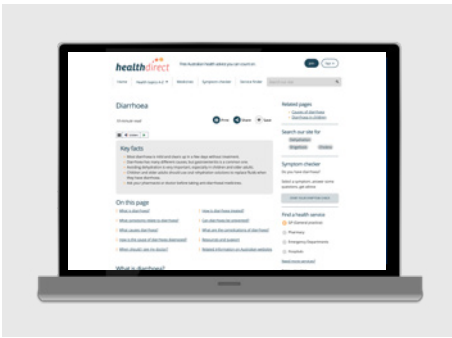


You can call us any day at any time.

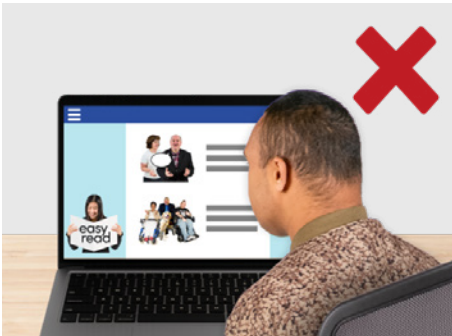
NURSE-ON-CALL



healthdirect is called **Nurse on Call** in Victoria.

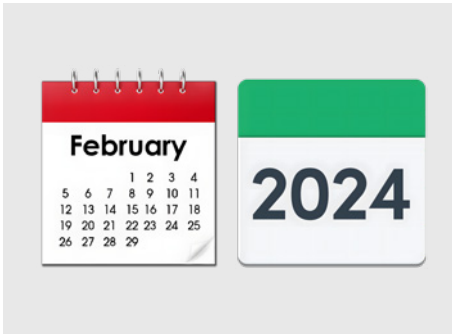


This information came from a longer document on our website at www.healthdirect.gov.au/diarrhoea



This website is not Easy Read.

About this Easy Read



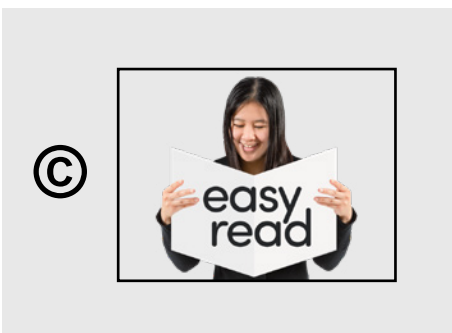
The information in this sheet was last checked in **February 2024**.



healthdirect made this information with CID.



healthdirect owns the information in this Easy Read.



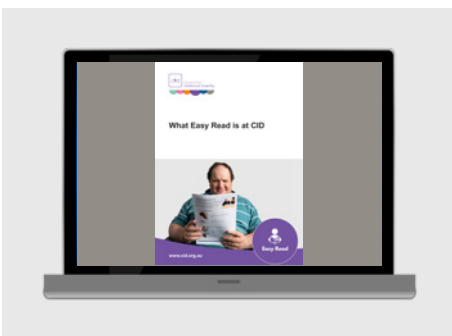
The pictures we use are **copyright**.



Copyright means you need to ask CID if you want to use the pictures.



You can email CID at **business@cid.org.au**



To read more about how we do Easy Read at CID you can go to our website at

www.cid.org.au/inclusion-services