

## CU Healthy

### For Diarrhea

- Avoid fruit and vegetable juices. Substitute with a small banana or applesauce
- No milk or milk products
- Keep a regular diet
- Avoid large amounts of milk, ice cream or spicy or fried foods

### NOTE:

- milk and milk products to be added last
- Remember sip fluids frequently in small amounts
- If you experience excessive vomiting and diarrhea, fever, or increasing abdominal pain, do not hesitate to call or return to Health and Counselling Services
- Avoid alcohol
- Use a non-aspirin type of medication like Tylenol for fever, body aches, and pains

**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or [cu\\_healthy@carleton.ca](mailto:cu_healthy@carleton.ca).



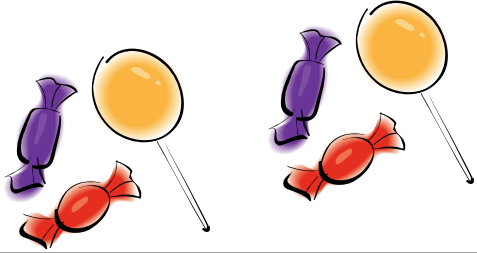
2600 CTTC Building  
613-520-6674  
[carleton.ca/health](http://carleton.ca/health)

## Diet for: Nausea, Vomiting, Diarrhea or Cramps



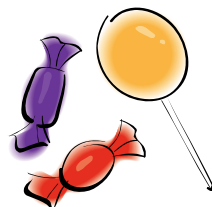
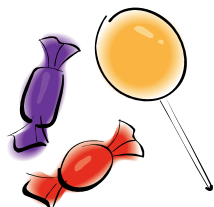
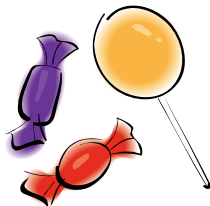
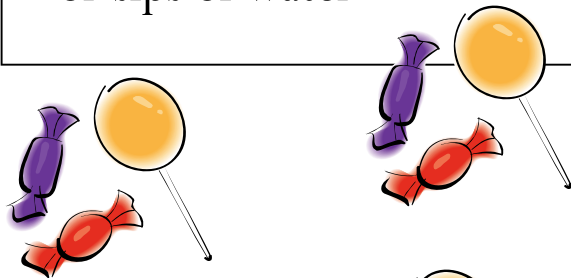
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## First six hours

- After vomiting has stopped, it is best to give the stomach a rest—nothing by mouth for 1-2 hours
- Progress slowly—suck on a popsicle or hard candy
- Then progress to ice chips or sips of water



## Day 1.

- Clear fluids only
- Sipping clear fluids every 10 minutes is a good start
- Eat soup
- Weak tea (sweetened)
- Soft drinks (7-up)
- Rice water
- Half strength apple juice
- Jello
- If nausea persists decrease amount of intake



## Day 2

- Soft foods that are easily digested
- Smooth cooked cereals (cream of wheat)
- Soup (clear-base)
- White toast, crackers
- Apple sauce
- Ripe bananas
- Fruit and vegetable juice

