

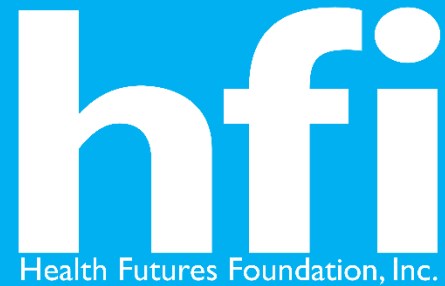
FOOD POISONING OR GASTROENTERITIS

Supportive Management

- Rehydrate.
 - Take an oral rehydration solution (ORS) which includes sports drinks (e.g. Gatorade) or the commercially sold Oresol. Take one glass with each bowel movement.
 - A home-made oral rehydration solution (ORS) may also be taken. Take one glass with each bowel movement.
 - Six (6) level teaspoons of Sugar
 - Half (1/2) level teaspoon of Salt
 - One liter of clean drinking or boiled water and then cooled
 - Avoid dehydrating drinks such as caffeinated drinks (e.g. cola, coffee, tea, energy drinks), as well as alcohol.
- Eat small meals of bland food (e.g. banana, rice, crackers, toast, lugaw). Stay away from eating the following until you get better: caffeine, dairy products, food with rich seasonings, fatty foods, alcohol, and smoking.
- Have plenty of rest. Sleep for 7-8 hours every night in a dark room, as melatonin – a powerful anti-oxidant that promotes healing through boosting the immune function – are found to be produced in higher amounts when sleeping in darkness. If sleeping in a dark room is not possible, wear an eye patch instead.

Herbal Medicine

- **Banana Fruit**
 - Eat the ripe banana fruit (latundan variety is preferable), mashed and mixed with one glass of warm water. Take every after a loose bowel movement.
- **Bayabas (Guava) Leaves Decoction**
 - The amount of guava leaves to be used corresponds to the age of the person the decoction is intended for. For a person aged 2-6, use either 1 ½ tablespoons of dried leaves or 2 tablespoons of fresh leaves; for a person aged 7-12, use either 3 tablespoons of dried leaves or 4 tablespoons of fresh leaves; and for those older than 12, use either 6 tablespoons of dried leaves or 8 tablespoons of fresh leaves. Boil the leaves in 2 glasses of water for 15 minutes or until the water is halved. Strain. Divide the decoction in 4 doses, and take each dose every 2-3 hours.



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Herbal Medicine

• Sambong Leaves Decoction

- Boil either three handfuls of fresh sambong leaves or one handful of dried sambong leaves for every 2 cups of water. Boil for 15-30 minutes and then, strain. Divide the decoction into 3-4 doses to be taken in one day. Use the decoction the same day it was prepared.

• Coconut Water

- For fluid and electrolyte replacement
- For every 2 glasses of plain coconut water, add 2 glasses of clean water, 1 tablespoon of sugar, and ¼ teaspoon of salt. Stir the mixture thoroughly. Take one glass with each bowel movement.

• Duhat Fruit

- Eat as much as can be taken or tolerated.

• Tutong (Burnt Rice)

- Tutong is a good source of carbon, an adsorbent for diarrhea.
- Eat as much as can be taken or tolerated.

• Tanglad Roots and Luya Decoction

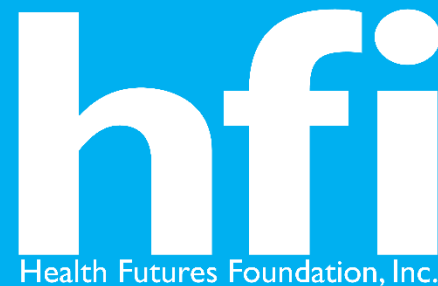
- There is no fixed dose for the tanglad roots. Boil tanglad roots with luya for 5-10 minutes. Strain and take the decoction.

• Lubigan Rhizome decoction

- Remove the rootlets. Rinse the rhizomes, cut them into parts, and dry them. If lubigan is dried, use 6-13 tablespoons of it for the decoction, whereas if fresh lubigan is to be used, use 4-6 tablespoons instead. Boil rhizome in 5 glasses of water to make 2 glasses of decoction.

Consult doctor immediately if person with diarrhea is experiencing any of the following:

- Diarrhea lasting more than 3 days
- Pain so severe he/she can't sit still or find a comfortable position
- Constant vomiting for more than a day
- Unable to keep fluids down due to frequent vomiting
- Decreased urine production (no urine in the last 12 hours)
- Confusion
- Sluggishness
- Seizures
- Fainting



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