

Acute infectious diarrhoea in adults

RFQs

- Have you been abroad recently?
- How many times have you opened your bowels today? What is the stool like?
- Is there any blood in your stool?
- Have you had a fever?
- Have you vomited? How many times today?
- Are you passing urine as normal?

Provide

So you haven't been anywhere exotic recently (abroad). Since your diarrhoea is not bloody, and you don't have a fever, you probably don't need any special treatment for this apart from drinking more fluid than usual. Drink enough to make sure that you are passing urine at least 3 times a day.

Safety net:

If you become unwell, or have blood or mucus in your stool, or if your symptoms haven't improved within 14 days, please let me know. We might need to see you, or send a stool sample off to the lab.

Provide

Since you handle food at work, you won't be allowed back at work until 2 days after your diarrhoea has settled. Please make sure that you wash your hands after every visit to the toilet.

You have a bug called cryptosporidium which normally gets better without treatment. But you will need to stay out of swimming baths for 2 weeks after your symptoms settle. Do we need to consider an HIV test for you?