



Notice for Diarrhea

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I. What is Diarrhea?

Diarrhea refers to the increase in water in the stool, the appearance of dilute water, increased frequency (more than 3 times in 24 hours), and sometimes colic.

II. How is Diarrhea Treated?

- i. Please replace lost fluid as much as possible if there is any sign of dehydration.
- ii. Wash your hands before and after each meal.
- iii. Consume the right food.
 1. Avoid consumption of cigarettes, alcohol, and any spicy or sour food.
 2. Avoid consumption of carbonated soft drinks like soda.
 3. Reduce cold foods, such as energy soup.
 4. Appropriate intake of high-protein, high-calorie, low-oil, low-fiber, light diets such as eggs and fish.
- iv. After a bowel movement, clean the anus with water and soft tissue. Keep the anus clean and dry. Avoid rubbing the anus too hard with toilet paper.
- v. Daily observation of stool color, character, number of times and amount of defecation.
- vi. Stay calm and cheerful. Avoid work stress and excessive exercise.
- vii. Take regularly the medicine prescribed by a doctor.
- viii. Call a doctor if you have the following symptoms with diarrhea:
 1. Increased number of stools or thinning of traits, stools are bright red or black
 2. any sign of being tired, dizzy, or having a fever, a thirsty mouth

If you have any questions or suggestions, please contact us. We are very willing to help. Our contact telephone number: Taipei main branch Hospital: (02)25713760 ; Hsinchu branch: (03) 5745098; Taitung branch: (089) 310150 ext: 311. Time of consultant: 9:00 am~12:00 noon, 2:00 pm~5:00 pm Monday ~ Friday.

May God Bless You