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## Recommended Diet in Case of Diarrhoea or Vomiting

Your child should drink a lot to prevent dehydrating!

Demand feeding is appropriate for breastfed babies. You may also try to give boiled water, tea or electrolytic dissolutions (such as Oralpädon or GES 60) between feeds.

Bottle fed babies should continue to drink their formula milk as usual. You may also try to give boiled water, tea or electrolytic dissolutions (such as Oralpädon or GES 6) between feeds.

Small children, older children and adults should drink water, tea or electrolytic dissolutions. Milk should be avoided for the time being. Appropriate food includes grated apple, bananas, carrot soup, pasta without fat and sauce, crackers (zwieback), toast or rice.

Please do not give your child sweet food or drinks (such as chocolate or coke), greasy food (such as French fries) or milk products.

Medication against vomiting or diarrhoea is often ineffective and tends to have side effects!

Please remember to disinfect your hands regularly (with products like Sagrotan or Sterilium) to prevent the entire family from becoming ill. Both the saliva and stool of the sick child are infectious!