



DIARRHEA

You should replace the fluid lost by diarrhea with sports drinks mixed half and half with water to reduce the sugar amount or pedialyte.

You can use the medications that we prescribed, or Imodium as recommended on the package. Replacing the natural bacteria lost with diarrhea can be accelerated with Acidophilus and probiotics which are available at FirstCare.

If your diarrhea worsens or you develop new symptoms such as temperature over 101 degrees, abdomen pain, weakness, inability to stand due to dizziness, dark urine, blood in diarrhea, vomiting or cannot keep down liquids, call your physician, FirstCare or go directly to the emergency department at the nearest hospital.

Over the counter products safe for controlling diarrhea include Imodium and Pepto-Bismol. Pepto-Bismol will turn your stool black, so be aware of this side effect.

When you are feeling better you can start eating again, simple foods are best, avoiding fatty and greasy foods. The traditional recommendation has been Bananas, Rice, Applesauce and Toast. Also avoid products containing dairy for about a week.

RETURN TO FIRSTCARE, GO TO AN EMERGENCY DEPARTMENT, OR SEE YOUR OWN PHYSICIAN IF YOUR CONDITION WORSENS, IF NOT IMPROVED WITH PRESCRIBED TREATMENT, OR NOT IMPROVED IN 24 HOURS. FOLLOW UP WITH YOUR PRIMARY PHYSICIAN OR FIRSTCARE WITHIN 1-2 DAYS.

FirstCare offers Family Practice, Pediatric and Gynecologic care, as well as specialist care in the areas of Cosmetic Dermatology, Physical Therapy and Digestive Diseases. We also provide school, sports, work and DOT physical examinations, vaccinations such as flu and tetanus, x-rays and skin surgery.

FirstCare Medical Center has the UltraSlim body contouring system for instant fat reduction. Ask us about this revolutionary device.

Please visit FirstCareMedCenter.com to fill in our PATIENT SATISFACTION SURVEY and be entered to win a \$50.00 Essence MediSpa gift certificate. The link to the survey is on the left side of the homepage at the bottom of the links menu.

THANK YOU FOR ALLOWING US THE PRIVILEGE OF PARTICIPATING IN YOUR CARE. IF THERE IS ANYTHING ELSE WE CAN DO FOR YOU OR ANY WAY WE CAN IMPROVE, PLEASE LET US KNOW.