

Advice for adults with diarrhoea and vomiting

While you have symptoms of nausea and vomiting, it is recommended that you take small amounts of fluid at frequent intervals.

For the first 24 hours we recommend that you/your child has no fizzy drinks because the gas tends to make vomiting worse. Only still drinks such as water, dilute squash or fruit juice, or Dioralyte® rehydration salts should be taken.

After 24 hours start to add small amounts of dry food such as bread, crackers, etc. Avoid fatty foods like cheese and butter until your stomach has completely settled. Gradually increase the amount of food you eat until you or your child are back to normal.

Diarrhoea usually lasts up to 2-3 days. Adults and older children should start to improve within 36 hours. If this does not happen, you should consult your General Practitioner.

You should consult a doctor urgently if you have not passed urine for over 12 hours.

Hygiene

Hand washing is very important because most bacteria and viruses that cause diarrhoea and vomiting are spread from hands to food or hand-to-hand. You can prevent the infection spreading by good hygiene at home. The viruses and bacteria that cause diarrhoea and vomiting spread very easily. Not all of them are killed by alcohol gels; plenty of soap and water is better.

You will still be infectious until 48 hours after the last time you vomited or had diarrhoea. Until then:

- Do not attend work, school, or college.
- Do not visit patients at the hospital
- Do not visit elderly and very young people, or people with problems with their immune system at their homes

Dioralyte®

Diarrhoea and vomiting cause loss of water and important salts from the body. Dioralyte® is a balanced mix of salts and sugar that help replace these, helping to speed up recovery. Other brands may be available.

Although it may be prescribed, it can be bought over the counter at a pharmacy. Extra sugar should not be added, but the powder can be added to unsweetened fruit juice for taste.

Once it has been diluted, Dioralyte® can be kept for up to 24 hours in a refrigerator, but only 1 hour at room temperature. An alternative to Dioralyte® is apple juice diluted with water (e.g. 1 part juice to 2 parts water).

If you have any problems, or need further advice please contact:

- Your GP
- NHS 111 111, or 111.nhs.uk
- Emergency Department 01535 294481
- The NHS website www.nhs.uk – search for “diarrhoea and vomiting”

By telephoning, we can ensure you get appropriate advice and do not wait unnecessarily in the Emergency Department.

Notes:

Are you a victim of Domestic Violence? For confidential advice, contact:

Bradford	0808 2800 999	https://www.stayingput.uk.net/contact
North Yorkshire	03000 110 110	https://www.idas.org.uk/
Lancashire	0300 323 0085	https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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