



Updated March 2012

Diarrhoea (Adults & Children)

Reducing urgency and frequency the natural way

Acute diarrhoea is usually caused by a viral infection or a bacterial infection. It usually clears up in a couple of days and is not serious. However it can be serious in babies and the frail and elderly because of the risk of dehydration. Common symptoms include crampy tummy pains, nausea or vomiting, fever, headache and loss of appetite. If the diarrhoea lasts more than two weeks (in an adult), it is considered chronic. If your child has diarrhoea for more than 5 days you should take them to GP

Rehydration

Avoid dehydration by drinking lots of fluids. You are more likely to be dehydrated if you are also vomiting. Try to take small frequent sips of water or diluted fruit juices. It is especially important that babies and small children do not become dehydrated. Even if your child vomits, you should still give frequent sips of water. A small amount of fluid is better than none. If your child shows signs of dehydration (drowsiness, passing little urine, few or no wet nappies, a dry mouth and tongue, unresponsiveness, or glazed eyes) you should call your GP urgently. *O.R.S. Effervescent tablets* are convenient way of correcting the balance of water, salt, and sugar lost during diarrhoea. They are a lemon flavoured tablet that dissolves in water

Why choose 'Optibac[®] - For Bowel Calm'?

Probiotics have been shown to be beneficial in preventing and treating various forms of gastroenteritis. 'Opibac[®] for Bowel Calm' is a powerful natural relief for diarrhoea. It contains pure *Saccharomyces boulardii*; a natural and safe probiotic yeast. *S. boulardii* has undergone extensive clinical research demonstrating its ability to flush out pathogenic bacteria such as *E. coli* and *Salmonella*, in order to work against conditions such as diarrhoea. Unlike traditional OTC diarrhoea treatments like *Imodium[®]* and *Arret[®]* which are only "plugging" the problem without treating the actual cause, 'Opibac[®] for Bowel Calm' actually kills the infection that is causing the problem; hence it can quickly clear up diarrhoea

Directions

- 'Optibac[®] for Bowel Calm' can be given to adults and children from 3 years old upwards:
- For **Diarrhoea**: take 1 to 4 capsules depending on severity of symptoms; take again in the event of further loose stools, and up to 6 capsules per day
 - For **Irritable Bowel Syndrome (IBS)**, take 1 capsule, twice a day. (daily dose: 2 capsules)
 - For **Inflammatory Bowel Disease (IBD)** eg. Ulcerative Colitis, Diverticulitis, Crohn's Disease: take 1 capsule, three times a day (daily dose: 3 capsules)
 - For **Clostridium difficile** infection, take 2 caps twice daily for 4 weeks (daily dose: 4 caps)
 - Drink plenty of water with your probiotics course
 - For anyone unable to swallow capsules, capsule can be opened and contents mixed with a cold meal or beverage

The 16 pack of "Optibac[®]- For Bowel Calm[®]" costs €8.12 in Whelehans

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