

English	Traditional Chinese 繁體中文
<p><b>Diarrhoea</b></p> <p><b>About diarrhoea</b></p> <p>Diarrhoea is passing looser or more frequent stools than is normal for you.</p> <p>It affects most people from time to time and is usually nothing to worry about. However, it can be distressing and unpleasant until it passes, which normally takes a few days to a week.</p> <p><b>What causes diarrhoea?</b></p> <p>There are many different causes of diarrhoea, but a bowel infection (<a href="#">gastroenteritis</a>) is a common cause in both adults and children.</p> <p>Gastroenteritis can be caused by:</p> <ul style="list-style-type: none"> <li>• a virus – such as <a href="#">norovirus</a> or rotavirus</li> <li>• bacteria – such as campylobacter and Escherichia coli (E. coli), which are often picked up from contaminated food</li> <li>• a parasite – such as the parasite that causes giardiasis, which is spread in contaminated water</li> </ul> <p>These infections can sometimes be caught during travel abroad, particularly to areas with poor standards of public hygiene. This is known as travellers' diarrhoea.</p> <p>Diarrhoea can also be the result of anxiety, a <a href="#">food allergy</a>, medication, or a long-term condition, such as <a href="#">irritable bowel</a></p>	<p><b>腹瀉</b></p> <p><b>有關腹瀉</b></p> <p>腹瀉指的是排便頻率比平時高，糞便比平時鬆散。</p> <p>大多數人都有腹瀉經歷，但通常而言不需要過多的擔心。但是腹瀉期間可能會很不適，腹瀉通常會持續幾天到一周。</p> <p><b>什麼原因會導致腹瀉？</b></p> <p>有很多原因都會導致腹瀉，但腸道感染 (<a href="#">腸胃炎</a>) 是成人和小孩腹瀉的常見原因。</p> <p>可能導致腸胃炎的原因有：</p> <ul style="list-style-type: none"> <li>• 病毒 – 例如 <a href="#">諾如病毒</a> 或輪狀病毒</li> <li>• 細菌 – 例如彎曲菌和大腸桿菌(E. coli)，通常是在受污染的食物中感染。</li> <li>• 寄生蟲 – 例如導致水源性賈第蟲病的寄生蟲，會在受污染的水中傳播</li> </ul> <p>有的時候出國旅行會感染這些病菌，特別是公共衛生條件比較差的地區。這通常叫做旅客腹瀉。</p> <p>導致腹瀉的原因還可能有緊張，<a href="#">食物過敏</a>，</p>

[syndrome \(IBS\)](#).

## What to do if you have diarrhoea

Most cases of diarrhoea clear up after a few days without treatment, and you may not need to see your GP.

However, diarrhoea can lead to [dehydration](#), so you should drink plenty of fluids – small, frequent sips of water – until it passes. It's very important that babies and small children do not become dehydrated.

Your pharmacist may suggest you use an oral rehydration solution (ORS) if you or your child are particularly at risk of dehydration.

You should eat solid food as soon as you feel able to. If you're breastfeeding or bottle feeding your baby and they have diarrhoea, you should try to feed them as normal.

Stay at home until at least 48 hours after the last episode of diarrhoea to prevent spreading any infection to others.

Medications to reduce diarrhoea, such as loperamide, are available. However, these are not usually necessary, and most types should not be given to children.

### Diarrhoea self-help guide

Complete this guide to assess your symptoms and find out if you should visit your GP, pharmacist or treat your condition at home.

[Self-help guide: Diarrhoea](#)

藥物，或長期性疾病，例如 [腸易激綜合征 \(IBS\)](#)。

## 患上腹瀉后該怎麼做

大多數腹瀉無需治療，會在幾天後自行好轉，您可能不需要去看全科醫生。

但是，腹瀉可能會導致 [脫水](#)，所以您應該大量飲水 – 少量多次飲用 – 直到腹瀉停止。嬰兒和兒童千萬不能脫水。

如果您或者孩子有很大的脫水風險，藥師可能會建議口服補水溶液（ORS）。

有食慾的時候應該吃一些固態食物。如果您母乳餵養，或者用奶瓶餵養的嬰兒出現腹瀉症狀，您應該照常餵食。

腹瀉停止後至少48小時以內應該待在家中，避免傳染給他人。

可以服用藥物以緩解腹瀉，例如洛哌丁胺。但是，通常不需要這些藥物，而且大多數相關藥品不能給孩子服用。

### 針對腹瀉的自助手冊

請完成我們的手冊，幫助您評估是否需要去看全科醫生、藥師，或者在家療養。

[自助手冊：腹瀉](#)

## When to see your GP

Contact your GP or call NHS 24's 111 service for advice if you're concerned about yourself or your child.

It's important to see your GP if the diarrhoea is particularly frequent or severe, or associated with other symptoms, such as:

- blood in your or your child's stool
- persistent vomiting
- a severe or continuous stomach ache
- weight loss
- [signs of dehydration](#) – including drowsiness, passing urine infrequently, and feeling lightheaded or dizzy
- your stool is dark or black – this may be a sign of bleeding inside your stomach

You should also contact your GP if your or your child's diarrhoea is particularly persistent, as this may be a sign of a more serious problem. In most cases, diarrhoea should pass within about a week.

## Preventing diarrhoea

Diarrhoea is often caused by an infection. You can reduce your risk by making sure you maintain high standards of hygiene.

For example, you should:

## 什麼時候去看全科醫生

如果您擔心自己或孩子的病情，請聯繫您的全科醫生或致電NHS 24小時服務熱線111。

如果腹瀉很頻繁，或者十分嚴重，或者出現下述現象，那您應該去看全科醫生：

- 您或孩子的糞便中有血
- 持續不斷的嘔吐
- 持續不斷的胃痛，而且十分嚴重
- 體重減輕
- [脫水的跡象](#) – 包括嗜睡、排尿頻率很低、感覺昏昏沉沉或眩暈
- 您的糞便顏色發暗或發黑 – 可能表示您胃部有出血

如果您或者孩子的腹瀉症狀持續不斷，您應該聯繫全科醫生，因為可能有更嚴重的健康問題。大多數情況下，腹瀉會在大約一周內停止。

## 預防腹瀉

腹瀉通常是由感染引起的。保持高度衛生是降低感染的重要措施。

例如，您應該：

- wash your hands thoroughly with soap and warm water after going to the toilet and before eating or preparing food
- clean the toilet, including the handle and the seat, with disinfectant after each bout of diarrhoea
- avoid sharing towels, flannels, cutlery, or utensils with other household members

It's also important to practise good food and water hygiene while travelling abroad, such as avoiding potentially unsafe tap water and undercooked food.

## Symptoms of diarrhoea

Diarrhoea is where you frequently pass watery or loose poo. Some people may also have other symptoms, depending on the cause.

Associated symptoms can include:

- stomach cramps
- nausea and vomiting
- [headache](#)
- loss of appetite

The excessive loss of water in your poo can also sometimes lead to [dehydration](#), which can be serious if it's not recognised and treated quickly.

- 飯前便後用香皂和熱水仔細洗手
- 每次腹瀉后用消毒劑清理馬桶，包括把手和馬桶座
- 避免和其他家庭成員共用毛巾、餐具或器具

出國的時候要保持良好的飲食和水衛生習慣，例如避免飲用自來水和沒燒開的水。

## 腹瀉症狀

腹瀉指的是經常排出水分很多或鬆弛的糞便。有些人可能會有其他症狀，具體情況因病因而異。

相關的症狀可能有：

- 胃痙攣
- 反胃和嘔吐
- [頭痛](#)
- 食欲不振

糞便中損失大量的水分有時會導致 [脫水](#)，如果不盡快發現盡快治療，可能會變得嚴重。

## Signs of dehydration

Signs of dehydration in children can include:

- irritability or drowsiness
- passing urine infrequently
- pale or mottled skin
- cold hands and feet
- they look or feel increasingly unwell

Signs of dehydration in adults can include:

- tiredness and a lack of energy
- loss of appetite
- nausea
- feeling lightheaded
- dizziness
- dry tongue
- sunken eyes
- muscle cramps
- rapid heartbeat

## When to seek medical advice

Contact your GP or call NHS 24's 111 service for advice if you are concerned about yourself or your child.

You should also contact your GP in the situations outlined

## 脫水的症狀

兒童脫水的症狀可能包括：

- 不耐煩或嗜睡
- 排尿頻率低
- 膚色蒼白或有斑點
- 手腳冰涼
- 面色或感覺不佳

成年人脫水的症狀可能包括：

- 疲憊，沒有精力
- 食欲不振
- 反胃
- 頭暈眼花
- 昏昏沉沉
- 舌乾
- 眼窩凹陷
- 肌肉痙攣
- 心跳加快

## 什麼時候去尋求醫療建議

如果您擔心自己或孩子的病情，請聯繫您的全科醫生或致電NH

below, as they may mean that you or your child has, or is at risk of, a more serious problem.

### **Babies**

You should contact your GP or health visitor urgently if your baby has had 6 or more episodes of diarrhoea in the past 24 hours, or if they have vomited 3 times or more in the past 24 hours.

You should also seek advice if your baby has any symptoms of dehydration.

### **Children**

Contact your GP if your child has:

- had 6 or more episodes of diarrhoea in the past 24 hours
- diarrhoea and vomiting at the same time
- watery poo
- blood in their poo
- a severe or continuous stomach ache
- symptoms of dehydration

You should also contact your GP if your child has persistent diarrhoea. Most cases will pass in 5 to 7 days.

**S 24小時服務熱線111。**

如果出現下述情況，您應該聯繫全科醫生，因為下述情況可能意味著您或者孩子可能會有更嚴重的健康問題。

### **嬰兒**

如果您的嬰兒在過去24小時內有6次及以上的腹瀉發作，或者在過去24小時內嘔吐3次或以上，您應該聯繫全科醫生或衛生訪規員。

如果您的嬰兒有任何脫水的症狀，您應該尋求醫療建議。

### **兒童**

如果您的兒童出現以下情況，請聯繫您的全科醫生：

- 在過去24小時內有6次及以上的腹瀉發作
- 腹瀉和嘔吐同時發作
- 糞便中水分很多
- 糞便中有血
- 持續不斷的胃痛，而且十分嚴重
- 脫水症狀

如果您的孩子不斷出現腹瀉，您應該聯繫全科醫生。大多數腹瀉會在5到7天內停止。

## Adults

Contact your GP if you have diarrhoea and:

- there is blood in your poo
- you are vomiting persistently
- you've lost a lot of weight
- you have passed a large amount of very watery diarrhoea
- it occurs at night and is disturbing your sleep
- you have recently taken [antibiotics](#) or been treated in hospital
- you have symptoms of dehydration
- your poo is dark or black – this may be a sign of bleeding inside your stomach

You should also contact your GP if you have persistent diarrhoea. Most cases in adults will pass in 2 to 4 days.

## Causes of diarrhoea

Diarrhoea usually occurs when fluid cannot be absorbed from the contents of your bowel, or when extra fluid is secreted into your bowel, causing watery poo.

## Short-term diarrhoea

Diarrhoea is usually a symptom of a bowel infection ([gastroenteritis](#)), which can be caused by:

- a virus – such as [norovirus](#) or rotavirus
- bacteria – such as campylobacter, [Clostridium difficile \(C.](#)

## 成年人

如果您的腹瀉出現了下述情況，請聯繫您的全科醫生：

- 糞便中有血
- 持續不斷的嘔吐
- 體重大幅減輕
- 大量排便，而且糞便中水分相當多
- 夜間發作，打擾了您的睡眠
- 您最近服用過 [抗生素](#) 或在醫院接受過治療
- 您出現了脫水的症狀
- 您的糞便顏色發暗或發黑 – 可能表示您胃部有出血

如果您不斷出現腹瀉，您應該聯繫全科醫生。大多數成年人腹瀉會在2到4天內停止。

## 導致腹瀉的原因

當您的腸道無法吸收水分，或者腸道內分泌出了過量的液體，就會出現腹瀉，導致糞便中水分過多。

## 短期腹瀉

腹瀉通常是腸道感染的一種現象 ([腸胃炎](#))，可能由以下原因導致：

- 病毒 – 例如 [諾如病毒](#) 或輪狀病毒
- 細菌 – 例如彎曲菌, [艱難梭狀芽胞桿菌\(C. difficile\)](#),

[difficile](#)), Escherichia coli (E. coli), salmonella or shigella; these can all cause [food poisoning](#)

- parasites – such as the Giardia intestinalis parasite that causes giardiasis

Other possible causes of short-term diarrhoea include:

- feelings of anxiety
- drinking too much [alcohol](#)
- a [food allergy](#)
- [appendicitis](#)
- damage to the lining of the intestines as a result of [radiotherapy](#)

## Medicines

Diarrhoea can also sometimes be a side effect of a medication, including:

- [antibiotics](#)
- antacid medicines that contain magnesium
- some [chemotherapy](#) medicines
- [non-steroidal anti-inflammatory drugs \(NSAIDs\)](#)
- [selective serotonin reuptake inhibitors \(SSRIs\)](#)
- [statins](#) – cholesterol-lowering medicines
- [laxatives](#) – medicine used to help empty your bowels

The patient information leaflet that comes with your medicine should state whether diarrhoea is a possible side effect.

大腸桿菌 (E. coli), 沙門氏菌或志賀氏菌；這些都能導致 [食物中毒](#)

- 寄生蟲 -  
例如能導致水源性賈第蟲病的腸道賈第鞭毛蟲寄生蟲

可能導致短期腹瀉發原因還有：

- 感覺焦慮
- 飲用大量的 [酒精](#)
- 有 [食物過敏](#)
- [闌尾炎](#)
- 因為 [放射療法](#)導致的對腸道壁的破壞

## 藥物

腹瀉有的時候也會是服用藥物的副作用，包括：

- [抗生素](#)
- 含有鎂的防酸劑
- 有些 [化療](#) 藥物
- [非甾體抗炎藥\(NSAIDs\)](#)
- [選擇性血清素再吸收抑制劑 \(SSRIs\)](#)
- [他汀類藥物](#) - 降低膽固醇的藥物
- [通便劑](#) - 幫助清空腸道的藥物

藥品隨附的藥品說明書應當明確聲明腹瀉是否為潛在的副作用之一。

## Long-term diarrhoea

Conditions that can cause persistent diarrhoea include:

- [irritable bowel syndrome \(IBS\)](#) – a poorly understood condition that affects the normal functions of the bowel
- inflammatory bowel disease – conditions that cause the gut to become inflamed, such as [Crohn's disease](#) and [ulcerative colitis](#)
- [coeliac disease](#) – a digestive condition where you have an adverse reaction to gluten
- bile acid malabsorption – where bile produced by the liver builds up in the digestive system
- chronic pancreatitis – inflammation of the pancreas
- [diverticular disease](#) – where small bulges or pockets develop in the lining of the intestine
- [bowel cancer](#) – this can cause diarrhoea and blood in your stools

Persistent diarrhoea can also sometimes occur after surgery on the stomach, such as a gastrectomy. This is an operation to remove part of the stomach – for example, as a treatment for [stomach cancer](#).

## Diagnosing diarrhoea

Most cases of diarrhoea get better within a week and you may not need to visit your GP.

The information below explains what will happen if you need to see your GP.

## 長期腹瀉

能導致持續腹瀉的疾病有：

- [腸易激綜合征\(IBS\)](#) – 影響腸道正常功能的一種疾病，通常不太為人所知
- 炎性腸病 – 導致腸道發炎的疾病，例如 [克羅恩病](#) 和 [潰瘍性結腸炎](#)
- [乳糜瀉](#) – 對膚質有不良反應的消化狀況
- 膽汁酸吸收不良 – 肝臟產生的膽汁在消化系統中積聚
- 慢性胰腺炎 – 胰腺發炎
- [憩室病](#) – 腸道壁出現腫塊或小囊
- [腸癌](#) – 能引起腹瀉，而且糞便中有血

對胃部進行手術後有時也會出現持續不斷的腹瀉，例如胃切除術。這指的是切除部分胃的手術 – 例如，這是一項治療 [胃癌](#) 的手段。

## 診斷腹瀉

大多數腹瀉會在幾天後自行好轉，您可能不需要去看全科醫生。

下述信息闡述了應當去看全科醫生的幾種情況。

## Identifying the cause

To identify what is causing your diarrhoea, your GP may ask you questions, such as:

- what your stools are like – for example, if they are very watery or contain blood
- how often you need to go to the toilet
- whether you have other symptoms, such as a high temperature (fever)
- whether you have been in contact with anyone else who has diarrhoea, or recently travelled abroad – this may mean you have picked up an infection
- whether you have recently eaten out anywhere – this may mean you have [food poisoning](#)
- whether you're taking medication and if it has recently changed
- whether you have been stressed or anxious recently

## Stool sample

Your GP may ask you for a stool sample so it can be analysed for signs of an infection if you have:

- persistent diarrhoea that has lasted more than two weeks
- blood or pus in your stools
- symptoms that affect your whole body, such as a fever or [dehydration](#)
- a weakened immune system – for example, because you have [HIV](#)

## 辨別病因

為了辨別導致腹瀉的病因，您的全科醫生可能會問您一些問題，例如：

- 您的糞便是什麼樣的 – 例如，糞便是否水分過多，或者糞便中是否有血
- 您多長時間需要去一次廁所
- 您是否有其他症狀，例如高溫（發燒）
- 您是否接觸過其他患有腹瀉的人，或者最近是否出過國 – 這意味著您可能被感染了
- 您是否在哪裡吃過東西 – 這意味著您可能 [食物中毒](#)
- 您是否在服藥，以及近期服用的藥物是否有所改變
- 您最近是否壓力很大或感到焦慮

## 糞便樣本

如果您有以下現象，您的全科醫生可能會要求您提供糞便樣本，用於分析是否有感染的跡象。

- 持續不斷的腹瀉，持續時間超過2周
- 糞便中有血或膿
- 可能會影響你全身的症狀，例如高燒或 [脫水](#)
- 免疫系統被削弱 – 例如，假如您患有 [HIV](#)
- 近期出過國

- recently travelled abroad
- recently been in hospital or been taking [antibiotics](#)

### Blood tests

Your GP may suggest you have some [blood tests](#) if they suspect your diarrhoea is being caused by an underlying health condition.

For example, your blood can be tested for signs of inflammation, which may suggest inflammatory bowel disease.

### Rectal examination

Your GP may recommend a digital rectal examination (DRE) if you have unexplained persistent diarrhoea, particularly if you're over 50.

During a DRE, your GP will insert a gloved finger into your bottom to feel for any abnormalities. It can be useful for diagnosing conditions that affect your rectum and bowel.

### Further investigations

If you have persistent diarrhoea and your GP is unable to find the cause, they may refer you to your local hospital for further investigation.

You may have:

- a sigmoidoscopy – an instrument called a sigmoidoscope (a thin, flexible tube with a small camera and light on one end) is inserted into your bottom and up into your bowel
- a colonoscopy – a similar procedure that uses a larger tube

- 近期住過院，或一直在服用 [抗生素](#)

### 驗血

如果您的全科醫生懷疑您的腹瀉是由深層次的疾病導致的，全科醫生可能會建議您 [驗血](#)。

例如，可以通過驗血檢驗是否有發炎的跡象，發炎可能意味著炎性腸病。

### 肛門檢查

如果您出現了持續不斷的腹瀉，而且不明原因，特別是如果您年紀在50歲以上，您的全科醫生可能會建議您進行直腸檢驗 (DRE)。

在進行直腸檢驗時，您的全科醫生會給手指戴上手套，然後將手伸入您的屁股，檢查是否有任何異常病症。此舉能診斷您是否有會影響到直腸和腸道的疾病。

### 進一步的檢查

如果您出現持續不斷的腹瀉，而且全科醫生無法找出病因，全科醫生可能會將您轉診至當地醫院，以進行進一步的檢查。

您可能會接受：

- 乙狀結腸鏡檢查 – 將一個叫做乙狀結腸鏡 (超薄、靈活的導管，配有微小的鏡頭，導管一段有燈)的醫療器械插入您的屁股，并送至腸道
- 結腸鏡檢查 –

called a colonoscope to examine your entire bowel

## Treating diarrhoea

Diarrhoea will usually clear up without treatment after a few days, particularly if it's caused by an infection.

In children, diarrhoea will usually pass within 5 to 7 days and will rarely last longer than 2 weeks.

In adults, diarrhoea usually improves within 2 to 4 days, although some infections can last a week or more.

While waiting for your diarrhoea to pass, you can ease your symptoms by following the advice outlined below.

## Drink fluids

It's important to drink plenty of fluids to avoid [dehydration](#), particularly if you're also vomiting. Take small, frequent sips of water.

Ideally, adults should drink a lot of liquids that contain water, salt, and sugar. Examples are water mixed with juice and soup broth. If you're drinking enough fluid, your urine will be light yellow or almost clear.

It's also very important for babies and small children not to become dehydrated. Give your child frequent sips of water, even if they are vomiting. A small amount is better than none.

Fruit juice or fizzy drinks should be avoided as they can make

類似的程序，醫生會使用一個相對更大一點的導管（結腸鏡）來檢查您的整個腸道

## 治療腹瀉

腹瀉通常會在幾天後自行消除，特別是被感染而導致的腹瀉。

對於兒童，腹瀉通常會在5-7天內自行消除，很少持續時間超過2周。

對於成人，腹瀉通常會在2-4天內有所好轉，個別感染情況可能會持續一周甚至更久。

在等待腹瀉消除時，您可以聽取以下建議幫助您緩解症狀。

## 飲水

大量引用水，避免 [脫水](#)，特別是您還有嘔吐現象時。少量多次飲用

完美情況下，成人應該大量飲用液體，液體中應該有水、鹽、糖。例如用水和果汁混合，或者湯。如果您飲用足量的液體，您的尿液會呈淡黃色或幾乎透明色。

嬰兒和兒童千萬不能脫水。即便孩子嘔吐，也得給孩子經常喂少量的水。聊勝於無。

避免給孩子飲用果汁或碳酸飲料，因為這可能會加重孩子的腹瀉情況。

如果您母乳餵養，或者用奶瓶餵養的嬰兒出現腹瀉症狀，您應

diarrhoea worse in children.

If you're breastfeeding or bottle feeding your baby and they have diarrhoea, you should continue to feed them as normal.

Contact your GP immediately if you or your child develop any [symptoms of dehydration](#).

## Oral rehydration solutions

Your GP or pharmacist may suggest using an oral rehydration solution (ORS) to prevent dehydration if you're at risk – for example, if you're frail or elderly. ORS can also be used to treat dehydration that has already occurred.

Rehydration solutions usually come in sachets available from your local pharmacist without a prescription. They are dissolved in water and replace salt, glucose, and other important minerals that are lost if you are dehydrated.

### Children

Your GP or pharmacist may recommend giving your child an ORS if they are dehydrated or at risk of becoming dehydrated.

The usual recommendation is for your child to drink an ORS each time they have an episode of diarrhoea. The amount they should drink will depend on their size and weight.

Your pharmacist can advise you about this. The manufacturer's instructions should also give information about the recommended dose.

You may be able to give your baby an ORS if they become dehydrated, but check with your GP, pharmacist, or health visitor first.

該繼續照常餵食。

如果您的孩子出現了 [脫水症狀](#)，請立刻聯繫您的全科醫生。

## 口服補水溶液

如果您有脫水的風險 –

例如，如果您很脆弱或已年邁，您的全科醫生或藥師可能會建議您使用口服補水溶液(ORS)。如果已經出現了脫水症狀，也可以使用口服補水溶液。

補水溶液通常包裝在小香囊中，可以從您的當地藥師那裡購得，無需廚房。補水溶液會在水中溶解，可以替代鹽、葡萄糖以及其他因脫水而損失的礦物質。

### 兒童

如果您的孩子脫水或者有脫水的風險，您的全科醫生或藥師可能會建議給孩子服用口服補水溶液。

通常的建議是，孩子每出現一次腹瀉，就服用一次口服補水溶液。服用的溶液劑量取決於孩子的體型和體重。

您的藥師可能會就此提供相關建議。藥品生產商的說明可能會就推薦劑量提供相關信息。

如果您的孩子已經脫水，您也可以給孩子服用口服補水溶液，但服用前先與您的全科醫生、藥師或衛生訪規員確認。

## Eating

Opinion is divided over when and what you should eat if you have diarrhoea. However, most experts agree you should eat solid food as soon as you feel able to. Eat small, light meals and avoid fatty or spicy foods.

Good examples are potatoes, rice, bananas, soup, and boiled vegetables. Salty foods help the most.

You don't need to eat if you've lost your appetite, but you should continue to drink fluids and eat as soon as you feel able to.

## Children

If your child is dehydrated, do not give them any solid food until they have drunk enough fluids. Once they have stopped showing signs of dehydration, they can start eating their normal diet.

If your child is not dehydrated, offer them their normal diet. If they refuse to eat, continue to give them fluids and wait until their appetite returns.

## Medication

### Antidiarrhoeal medicines

Antidiarrhoeal medicines may help reduce your diarrhoea and slightly shorten how long it lasts. However, they're not usually necessary.

Loperamide is the main antidiarrhoeal medicine used, as it has been shown to be effective and causes few side effects.

## 進食

針對腹瀉后什麼時候吃，該吃什麼，眾說紛紜。但是，大多數專家都認可有食慾的時候應該吃一些固態食物。吃一些小、輕的食物，避免油脂多、味道辣的食物。

優先選擇的食物包括土豆、大米、香蕉、糖、煮熟的蔬菜。有鹽分的食物能起到很大的作用。

如果您沒有胃口，那您沒有必要進食，但您應該繼續喝水，等有胃口的時候再開始進食。

## 兒童

如果您的孩子脫水，在沒有給孩子飲用足量的水之前，不要餵食固態食物。一旦孩子沒有了脫水跡象，可以讓孩子開始正常飲食。

如果孩子沒有脫水，則給孩子提供正常的飲食。如果孩子不想吃，則繼續給孩子飲用液體，直到孩子的胃口恢復。

## 藥物

### 抗腹瀉藥

抗腹瀉藥可能會幫助減輕腹瀉症狀，稍稍縮短腹瀉的時間。但通常而言，不一定需要服藥。

洛哌丁胺是主要的抗腹瀉藥，經過證明，該藥物效果顯著，且引起的副作用少。

Loperamide slows down the muscle movements in your gut so more water is absorbed from your stools. This makes your stools firmer and they're passed less frequently.

An alternative to loperamide is a different type of antidiarrhoeal medicine called racecadotril, which works by reducing the amount of water produced by the small intestine. Evidence suggests this medication may be as effective as loperamide for treating diarrhoea.

Some antidiarrhoeal medicines can be bought from a pharmacy without a prescription. Check the patient information leaflet that comes with the medicine to find out whether it's suitable for you and what dose you should take. Ask your pharmacist for advice if you're unsure.

Do not take antidiarrhoeal medicines if there is blood or mucus in your stools or you have a high temperature (fever). Instead, you should contact your GP for advice.

Most antidiarrhoeal medicines should not be given to children. Racecadotril can be used in children over 3 months old if it's combined with oral rehydration and the other measures mentioned above, although not all doctors recommend it.

### **Painkillers**

Painkillers will not treat diarrhoea, but [paracetamol](#) or [ibuprofen](#) can help relieve a fever and a [headache](#). If necessary, you can give your child liquid paracetamol or ibuprofen.

Always read the patient information leaflet that comes with the medication to check if it's suitable for you or your child and find

洛哌丁胺會減緩腹部肌肉的運動速度，所以糞便中的水分可以被更充分的吸收。這樣會使糞便更加堅實，而且排便頻率降低。

除了洛哌丁胺外，還可以服用一種叫消旋卡多曲的抗腹瀉藥，這種藥物會降低小腸產生的水分。有證據表明，此種藥物在治療腹瀉中，和洛哌丁胺有相同的療效。

這些抗腹瀉藥都可以從藥店購得，無需廚房。請檢查藥品隨附的藥品說明書，查找該藥物是否適合您，以及您應該服用的劑量。如果您不確定，請尋求藥師的建議。

如果您的糞便中有血，或者您高燒（發燒），請勿服用抗腹瀉藥。這種情況下，您應該聯繫全科醫生尋求建議。

大多數抗腹瀉藥不應給兒童服用。雖然大多數醫生都不建議這麼做，但是如果配合其他口服補水措施或上述列出的其他措施，則消旋卡多曲可用於3個月以上的兒童。

### **止痛片**

止痛片無法治療腹瀉，但是 [撲熱息痛](#) 或 [布洛芬](#) 可以幫助緩解高燒和 [頭痛](#)。如有需要，您可以給孩子服用液體撲熱息痛或布洛芬。

一定要閱讀藥物隨附的藥品須知，檢查藥物是否適合您或者您的孩子，並算出準確的劑量。**16歲**以下的孩子不得服用阿司匹

out the correct dose. Children under 16 years of age should not be given aspirin.

## Antibiotics

Treatment with [antibiotics](#) is not recommended for diarrhoea if the cause is unknown. This is because antibiotics:

- will not work if the diarrhoea is caused by a virus
- can cause unpleasant side effects
- can become less effective at treating more serious conditions if they're repeatedly used to treat mild conditions

Antibiotics may be recommended if you have severe diarrhoea and a specific type of bacteria has been identified as the cause.

They may also be used if you have an underlying health problem, such as a weakened immune system.

## Hospital treatment

Occasionally, hospital treatment may be needed if you or your child are seriously dehydrated. Treatment will involve administering fluids and nutrients directly into a vein (intravenously).

## Treating the underlying cause

If you've been diagnosed with a specific condition that's causing your diarrhoea, treating this may help improve your symptoms.

For example:

- [irritable bowel syndrome \(IBS\)](#) can be treated with changes

林。

## 抗生素

如果腹瀉的發病原因未知，不建議用 [抗生素](#) 治療。這是因為抗生素：

- 如果腹瀉是由病毒導致的，抗生素不會起作用
- 可能導致副作用，引起不適
- 如果總用來治療輕微的病症，在治療更嚴重的疾病時抗生素的效用可能會變差

如果您有嚴重的腹瀉，或者感染了引起腹瀉的病菌，醫生可能會建議您服用抗生素。

如果您有深層次的健康問題，例如免疫系統被削弱，醫生可能也會建議您服用抗生素。

## 住院治療

如果您或孩子嚴重脫水，偶爾也會建議您住院治療。治療手段會包括靜脈輸注液體和營養液。

## 治本

如果您被診斷出了某種具體的病症，而這種病症是導致您腹瀉的原因，那麼治療該疾病可能會有所幫助。

例如：

- [腸易激綜合征 \(IBS\)](#) 可以通過改變飲食和藥物服用來治

to your diet and medications – read more about [treating IBS](#)

- inflammatory bowel disease can be treated with medications that help reduce inflammation in the bowel
- [coeliac disease](#) can be treated by excluding foods containing gluten from your diet – read more about [treating coeliac disease](#)
- bile acid malabsorption can be treated with medication that helps stop bile building up in the digestive system

## Preventing diarrhoea

To prevent the spread of infections that cause diarrhoea, you should always maintain high standards of hygiene.

You should:

- wash your hands thoroughly with soap and warm water after going to the toilet and before eating or preparing food
- clean the toilet, including the handle and the seat, with disinfectant after each bout of diarrhoea
- avoid sharing towels, flannels, cutlery or utensils with others
- wash soiled clothing and bed linen separately from other clothes and at the highest temperature possible – for example, 60C or higher for linen – after first removing any poo into the toilet
- avoid returning to work or school until at least 48 hours after the last episode of diarrhoea

You or your child should also avoid swimming pools for 2 weeks after the last episode of diarrhoea.

療 – 進一步了解 [治療腸易激綜合征](#)

- 針對炎性腸病，可以服用減緩腸道發炎的藥物進行治療
- [乳糜瀉](#) 可以通過不食用含有麩質的食物來進行治療 – 進一步了解 [治療乳糜瀉](#)
- 針對膽汁酸吸收不良，可以服用幫助減少膽汁在消化系統中堆積的藥物

## 預防腹瀉

為了防止腹瀉傳染，您應該保持高度衛生。

您應該：

- 飯前便後用香皂和熱水仔細洗手
- 每次腹瀉后用消毒劑清理馬桶，包括把手和馬桶座
- 避免和其他人共用毛巾、餐具或器具
- 將臟衣服和床上用品和其他人的衣服分開洗，而且用盡可能最高的溫度 –  
例如，對床上用品使用60攝氏度或更高的水 –  
首先將糞便清理乾淨
- 在腹瀉停止的至少48小時內不去上班、不去上學

您和孩子還應該在腹瀉停止的兩周以後再去游泳池。

## Food hygiene

Practising good food hygiene will help avoid getting diarrhoea as a result of **food poisoning**. You can do this by:

- regularly washing your hands, surfaces and utensils with hot, soapy water
- never storing raw and cooked foods together
- making sure food is kept properly refrigerated
- always cooking your food thoroughly
- never eating food past its use-by date

## Rotavirus vaccination

Rotavirus is a virus that commonly causes diarrhoea in children. A vaccine that helps protect children against rotavirus is now part of the routine childhood vaccination schedule.

This vaccine is given as a liquid that's dropped into a baby's mouth. It's given in 2 doses, with the first given at 2 months and another at 3 months.

## Travellers' diarrhoea

There is no vaccination that can protect you from all possible causes of travellers' diarrhoea. The best way to avoid it is to practise good food and water hygiene while abroad.

If you're travelling in a country where standards of public hygiene are low, you should avoid:

- tap water – water should be boiled for at least one minute if

## 良好衛生

保持良好的食物衛生習慣能幫助避免因 **食物中毒** 導致的腹瀉。您可以採取以下方式：

- 經常用熱水、肥皂水洗手，洗物體表面和器具
- 不要將生食和熟食一起存放
- 確保食物在冰箱中妥善存放
- 要把食物完全烹飪
- 不要食用已經過了保質期的食物

## 輪狀病毒疫苗

輪狀病毒是一種導致兒童腹瀉的常見病毒。疫苗可以幫助孩子對抗輪狀病毒，而且輪狀病毒疫苗已經是孩子應接種的例行疫苗之一。

本疫苗為液體，會以滴入嬰兒口中的形式接種。本疫苗採取2劑給藥，第一劑在嬰兒2個月時給藥，第二劑在第3個月時。

## 旅客腹瀉

沒有任何一種疫苗能夠保證您免受旅客腹瀉。最好的預防方法是在海外保持良好的食物、水衛生。

如果您去公共衛生條件比較差的國家旅行，您應該避免：

- 自來水 – 如果您不確定水是否安全，您應該將水煮沸至少一分鐘

<p>you're not sure whether it's safe to drink</p> <ul style="list-style-type: none"><li>• ice cubes and ice cream</li><li>• raw or undercooked seafood, meat, and chicken</li><li>• foods that might contain uncooked eggs, such as mayonnaise</li><li>• unpasteurised milk and dairy products, such as cheese</li><li>• fruit and vegetables with damaged skins</li><li>• salads</li></ul> <p>It's generally safe to eat or drink:</p> <ul style="list-style-type: none"><li>• food that has been thoroughly cooked and is served piping hot</li><li>• sealed bottles or cans of water, fizzy drinks, and alcohol</li><li>• fruit and vegetables you peel yourself</li><li>• tea or coffee</li></ul> <p>If you're planning a trip abroad, check health advice for the countries you will be travelling to. You can do this by visiting <a href="#">NHS Fit for Travel</a> and <a href="#">National Travel Health Network and Centre (NaTHNaC)</a> websites.</p>	<ul style="list-style-type: none"><li>• 冰塊和冰激凌</li><li>• 生的或沒有煮熟的海鮮、肉類和雞肉</li><li>• 可能含有生雞蛋的食物，例如蛋黃醬</li><li>• 未經巴氏消毒的牛奶和牛奶產品，例如奶酪</li><li>• 表皮受損的水果和蔬菜</li><li>• 沙拉</li></ul> <p>食用或飲用下列產品通常而言是比較安全的：</p> <ul style="list-style-type: none"><li>• 經過完整烹飪的食物，或者滾燙的食物</li><li>• 瓶子封裝或聽裝的水、碳酸飲料和酒</li><li>• 您自己剝開的水果和蔬菜</li><li>• 茶或咖啡</li></ul> <p>如果您計劃出國旅遊，請尋求針對響應國家的健康建議。為此，您可以訪問 <a href="#">NHS出國健康</a> 和 <a href="#">英國國家旅遊衛生網絡和中心 (NaTHNaC)</a> 網站。</p>
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