

Gastroenteritis

1. NO MILK PRODUCTS FOR 72 HRS.
2. Continue fluid intake as tolerated. Small amounts(one ounce every fifteen (15)min. if tolerated). May have diluted Gatorade, weak sweat tea, water.
NO CITRUS OR APPLE JUICE.

FIRST 24 HOURS "BRAT DIET"

3. Bananas
Rice
Apple Sauce
Toast(NO BUTTER)
Crackers
Ice Pops
Beef/Chicken Broth

ADVANCED DIET AS TOLERATED AFTER 24 HRS.

- No Greasy Foods for 72 hrs.
 - No raw vegetables for 72 hrs.
4. Tylenol for fever or muscle aches
 5. If fever is higher than 102.5 with Tylenol call the doctor.