

# Diarrhoea in children

Diarrhoea/acute gastroenteritis is quite common in infancy and toddler age<sup>1</sup>. It can be especially dangerous for infants and small children because it depletes the body of fluids and important minerals (electrolytes). This is why in case of diarrhoea it is always necessary to consult a doctor!



## What are the reasons for diarrhoea?

Suddenly occurring soft and watery stool in an otherwise healthy child is mostly the reason of an infectious gastro-intestinal disease. Together or in advance of diarrhoea vomiting and fever are very common. The triggers of diarrhoea are often Rotavirus and Norovirus or foods contaminated by bacteria<sup>2</sup>.

## What to do, when your child suffers from diarrhoea?

It is important to replace the losses of water and electrolytes caused by diarrhoea<sup>2,4</sup>. Hence paediatric society recommends using a special **oral rehydration solution (ORS)** for the treatment of diarrhoeal disorders<sup>3</sup>. ORS has the function to bring back water and electrolytes to the dehydrated body of the child<sup>1</sup>. Beverages such as Coca Cola and fruit juices are not suitable for rehydration<sup>4</sup>.

The amount of needed ORS is depending on age and weight of the child as well as the amount of lost liquid by diarrhoea and vomiting<sup>2</sup>. Further details you find on the instructions for use on each ORS product.

### TIPS:

- ✓ Offer ORS to your baby either chilled or at room temperature with a shallow spoon, a feeding bottle or a cup<sup>1,4</sup>.
- ✓ Please do not mix ORS with other liquids<sup>2</sup>.
- ✓ It is advisable to have ORS at home at all times to start rehydration as soon as diarrhoea begins<sup>5</sup>.

### Sources:

1 Lentze et al. Pädiatrie Springer Verlag; 2007 - 2 DGKJ (German Society of pediatrics and adolescent medicine). 2008 - 3 Sandhu for ESPGHAN. J Pediatr Gastroenterol Nutr; 2001; 33: 536–539 - 4 GPGE. Leitlinie akute Gastroenteritis; 2008; www.gpge.de vom 08.04.2008 - 5 ESPGHAN/ ESPID. J Pediatr Gastroenterol Nutr; 2008; 46:581-5184 - 6 Pieścik-Lech et al. Acta Paediatrica; 2012; 101: e458–e464. - 7 Pietschnig et al. Monatszeitschr. Kinderheilkd; 1992;140:426-430.



For the most valuable in life.

# HiPP ORS 200

## Helps in case of diarrhoea – to compensate loss of liquid and electrolytes

HiPP ORS 200 is a dietetic food indicated for the treatment of diarrhea in infants and toddlers only in the context of a medical prescription.

- ✓ suitable for infants from 4 months and toddlers
- ✓ ready to drink – convenient use
- ✓ no added sweeteners and flavouring
- ✓ no added lactose
- ✓ no added milk protein
- ✓ gluten-free

Safety and efficacy for both HiPP ORS 200 were confirmed by clinical trials successfully <sup>6,7</sup>.

**IMPORTANT NOTICE:** In infants and toddlers, even mild diarrhoea may lead to serious illness. This is why in case of diarrhoea it is always necessary to consult a doctor.

### HiPP ORS 200

Carrot and Rice based & Apple



**NEW  
variety!**

HiPP ORS 200 Apple is an alternative to our established product HiPP ORS 200 Carrot and Rice based.

You can get HiPP ORS 200 in pharmacies in .....  
For further details have a look at .....

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