

Traveler's Diarrhea

Travelers diarrhea is an infection of the intestine caused by a bacteria (85% of the time) or virus (10% of the-time) that is present in contaminated water. You can decrease your risk of getting this infection by being careful to avoid certain foods and beverages. Traveler's diarrhea is most common in Mexico (40% of travelers), less common in Europe and China (10%), and fairly rare in the U.S; and Canada (2-4%).

Foods generally safe:

Hot, steamy food (needs to be 59 C) Peeled fruits (except watermelon) Fresh grapefruit or orange juice Bottled foods and beverages.

Foods generally unsafe:

Dry bread

Tap water

Desserts

Buffets (any food left sitting out)

Spicy sauces in containers

Salads

Milk

Hamburgers

Airline food

Prevention: Taking 8 Pepto Bismol tablets per day (2 four times per day) will prevent 90% of cases.

Treatment: If you develop diarrhea, take the antibiotics you have brought from home. If you do not have a fever (Temp less than 99) or bloody stools you may also take Imodium to decrease the number of stools while you are waiting for the antibiotics to take effect.

Travel Check List:

Antibiotics (from your doctor) *Thermometer (to check for fever) *Imodium (over the counter)

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