

UNIVERSITY OF HOUSTON HEALTH CENTER

-HEALTHBERRY-

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DIARRHEA AND FOOD POISONING

The range of diarrhea can be from a mild annoyance to a severe dehydrating illness. Acute gastrointestinal illnesses rank second only to acute upper respiratory illnesses, worldwide.

Often the time lapse of the acute onset is a good indicator of the infecting organism. For example, food contaminated with Staphylococci can cause severe nausea, vomiting and diarrhea within two to three hours following ingestion; while bacterial toxins associated with E. Coli, Salmonella, and Shigella may take one to three days. Amoebic dysentery may not be evident for several weeks.

Signs and symptoms of acute gastroenteritis are nausea, vomiting, diarrhea, cramps, thirst, dry mouth, decreased sweating, decreased urinary output, fall in blood pressure, skin tenting, sunken eyes, tachycardia, confusion and shock.

Foods commonly associated with acute bacterial poisoning are potato salad, mayonnaise, cream pastries, fried rice, inadequately cooked meat or vegetables, and contaminated water.

Treatment consists of fluid and electrolyte replacement, relief of abdominal pain, and occasionally antibiotics.

For more specific questions, please contact your University of Houston Health Center.

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

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