Food Poisoning

Your caregiver has diagnosed you with food poisoning. General symptoms of this are: nausea, vomiting, cramping, and diarrhea. Symptoms usually appear several hours after eating contaminated food. **Most of the time food poisoning lasts 1-2 days, and clears up with supportive care alone. Sometimes it is more severe (accompanied by fever or blood in the stool) in which case antibiotic treatment may be necessary.** In certain, severe cases of food poisoning, hospitalization may be required.

Treatment for food poisoning includes:

- Get plenty of rest for the next few days.
- Do not eat or drink anything until the vomiting stops. Then start sips of clear liquids (water, sodas, broth, and basically any liquids you can see through). Advance your diet slowly and as tolerated.
- Medicines to control vomiting and diarrhea may be needed. If you have a fever or blood in the stool, anti-diarrheal medicine should be avoided as it may prolong your illness.
- If antibiotics were prescribed, take them as directed. It's important to finish the full course of antibiotics.

SEEK MEDICAL CARE IF:

- Your symptoms are not improving or are getting worse.
- You develop signs of dehydration (lightheadedness, feeling faint especially on arising, rapidly increasing heart rate with any activity, your urine is becoming darker in color).
- You develop increasing abdominal pain or notice any blood in your stool.
- You have any other questions or concerns.

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