

## Diarrhea

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Diarrhea is an increase in the frequency of bowel movements or a decrease in the form of stool (greater looseness of stool). Diarrhea can occur for many reasons and may be caused by certain medications or infection. Diarrhea may lead to dehydration or skin breakdown.

**Before giving your child any medications to treat diarrhea, talk to your healthcare provider.**

### What helps:

- Offer small amounts of fluids at least every 2 hours.
- If your child is breast-feeding, you may continue nursing.
- Avoid milk or dairy, apple or grape juice, spicy-hot foods, and fried or fatty foods.
- Clean rectal area well after each stool and apply ointment.

### When to call:

- If your child has a change in their stooling routine or has more than 4 diarrhea stools within 8 hours.
- If your child has signs of **dehydration**, such as:
  - A decrease in urination (peeing) or no urination for 6-8 hours
  - Fewer than 4-6 wet diapers a day
  - No eating or drinking for 6 hours while awake if your child is younger than 1 year old
  - No eating or drinking for 8 hours while awake if your child is older than 1 year

### Contact Us

**For patient care assistance, please call the following phone numbers:**

- Jimmy Fund Clinic (617) 632-3270  
Business Hours 8 a.m. to 5 p.m., Monday through Friday
- Page Operator (617) 632-3352  
Off hours: weekdays after 5 p.m., holidays, and weekends  
Page pediatric hematology/oncology fellow on call
- Life Threatening Emergencies dial 911