

Date:

Dear (*Parent/Gurdian*),

We are sending your child home because s/he has had (X number) diarrhea stools today. Diarrhea is generally a sign or symptom of illness and it can cause undo stress and embarrassment for child at school. Children with diarrhea should stay home until the diarrhea is under control. Clear liquids are encouraged in small frequent amounts. Clear liquids include: 7up, Sprite, tea, popsicles, Pediatyte or Ricelyte, or apple juice.

CALL YOUR CLINIC OR HEALTH CARE PROVIDER IF:

- *The diarrhea does not improve.
- *If a fever or stomach pain develops.
- *Vomiting begins.
- *There is less urine output.
- * They are sleepier than usual.
- *There is blood or pus in the stool.
- *If you have any questions, please call.

Thank you,

Quick Reference

Mild diarrhea (less than two stools in 24 hours)

- *No change in diet
- *Encourage "clear liquids" in small, frequent amounts between meals

Moderate diarrhea (one stool in four hours, up to six in 24 hours):

- *Encourage "clear liquids" in small, frequent amounts for eight to twelve hours.
- *No solid food for twelve hour
- *Slowly return to regular foods

"BRAT" Diet:

Bananas

Rice

Applesauce

Toast

Oatmeal, soup, pudding, potato, crackers, pasta, poached or boiled eggs, and other soft, bland foods.