

✓ **Drink plenty of fluids.**

Diarrhoea may cause dehydration. Mild dehydration is common and can be easily prevented and quickly reversed by drinking plenty of fluids. Rehydration drinks are recommended for people who are frail, severely dehydrated or over the age of 60, or who have underlying health problems. Adequate liquid intake and a light diet is the recommended treatment for diarrhoea.

✓ **Eat as normally as possible**

Whilst you may not feel like eating with infectious diarrhoea, it is important to attempt small, light meals if you can.

✓ **Talk to your pharmacist**

TASECTAN can be purchased in pharmacies nationwide and is suitable for infants, adults and children.

✗ **Avoid drinks that contain a lot of sugar**

such as cola and other fizzy drinks as they can sometimes make diarrhoea worse.

✗ **Avoid fatty and spicy foods**

Avoid fatty, spicy or heavy foods at first, as this will only worsen your symptoms.

DIARRHOEA?

Tasectan®

The treatment suitable for infants, children & adults



NEW



www.diarrhoea.ie

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NEW



www.diarrhoea.ie

Formulated to control and reduce the symptoms associated with diarrhoea.

DIARRHOEA?

WHAT IS DIARRHOEA?

7 – 10 litres of water comes into the intestine every day. Of this, 80 – 90% is absorbed by the intestine. Diarrhoea is the passing of 3 or more loose or liquid stools per day (or more frequently than is normal for the individual) due to an imbalance between intestinal absorption and secretion of water and electrolytes. It affects almost everyone from time to time and is usually nothing to worry about.

WHAT CAUSES DIARRHOEA?

Diarrhoea is usually a symptom of gastroenteritis, an infection of the bowel. Gastroenteritis may be caused by a virus, bacteria or parasites. Diarrhoea caused by contaminated food or water from a foreign country is known as Travellers' diarrhoea. Other short-term causes of diarrhoea include emotional upset or anxiety, drinking too much alcohol, too much coffee or a food allergy.

DIARRHOEA IN BABIES

Diarrhoea and vomiting are more serious in babies than older children because babies can easily lose too much fluid from their bodies and become dehydrated. Consult your GP if your babies diarrhoea persists for more than 24–36 hours.

DIARRHOEA IN CHILDREN

Children between the ages of one and five pass frequent stools. Usually, these children are otherwise perfectly healthy.

Contact your GP if:

- your child has diarrhoea and is vomiting at the same time
- your child has diarrhoea that's particularly watery, has blood in it or if your child's diarrhoea persists for more than 24–36 hours.
- your child has severe or continuous stomach ache

Tasectan[®]

Gets to the source of the problem and restores the physiological functions of the gut wall

Tasectan[®] has 3 actions:

PROTECTS Forms a film which protects the intestinal wall

NEUTRALISES By avoiding contact with harmful substances

ELIMINATES Promotes their elimination in the faeces

Tasectan[®]

- ✓ is formulated to control and reduce the symptoms associated with diarrhoea
- ✓ gets to the source of the problem
- ✓ is safe and effective to use in infants, children and adults



Adults

1–2 capsules every
4–6 hours

Children

Children under 2 years: Consultation with a doctor or pharmacist is recommended prior to use
Children aged 3–14 years: 1-2 sachets every 6 hours
Children aged 14–18 years: 2 sachets every 6 hours until symptoms disappear