

Actue Gastroenteritis

急性腸胃炎-中英

Ddefinition 一、定義

Acute gastroenteritis refers to an inflammatory reaction at the junction of the stomach and intestines. It is usually a disease caused by indigestion caused by drinking water or food contaminated by viruses or bacteria or overeating.

急性腸胃炎指胃和腸道連接處的一種炎症反應，通常是飲用受到病毒或細菌污染的水或食物或暴飲暴食引起消化不良所引起之疾病。

Rreason 二、原因

1. Eat contaminated food or drink, the most common sources of contamination are eggs, contaminated meat, lettuce salad...
- 1.吃了受污染的食物或飲料，最常見的污染源是蛋類、污染的肉類、生菜沙拉...。
2. Mutual infection between animals and humans, such as cats, dogs, tortoises...
- 2.動物與人的相互感染，如：貓、狗、烏龜...。
3. Caused by a cold virus.
- 3.感冒病毒所引起。

Ssymptom 三、症狀

Fever, abdominal pain, diarrhea, vomiting, loss of appetite, thirst, decreased urine output, weight loss, indigestion; In severe cases, symptoms of dehydration may occur: dry lips, pale, inelastic skin, sunken and dry eyes, postural hypotension, and even dangerous states such as rapid heartbeat, shortness of breath, and convulsions.

發燒、腹痛、腹瀉、嘔吐、食慾減退、口渴、尿量減少、體重減輕、消化不良；嚴重時，可能會出現脫水症狀：口唇乾燥、蒼白、皮膚無彈性、眼球凹陷及變乾、姿位性低血壓，甚至會發生心跳加快、呼吸急促、抽搐等危險狀態。

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Treatment 四、治療

During the onset period, eating should be reduced or suspended. If you are thirsty during the fasting period, you can use a small cotton stick to moisten your lips to reduce the discomfort of thirst. The clinical treatment is as follows:

發病期應減少或暫停進食，而在禁食期間如果有口渴情況，可用小棉枝沾水潤唇以減少口渴不適感。其臨床處置如下：

1. Water and electrolyte supplement: Intravenous drip or drinking diluted sports drinks (sports drinks are high in sugar, which will aggravate diarrhea symptoms) to supplement water and electrolytes.

1. 水份與電解質補充：由靜脈注射點滴或飲用稀釋的運動飲料（運動飲料因含糖分高，會加重腹瀉症狀）以補充水份與電解質。

2. Diet principle: Do not drink irritating, cold or hot beverages. If nausea and vomiting are relieved, try drinking plain water or diluted sports drinks. If there are no uncomfortable gastrointestinal symptoms, you can take a gradual way to eat, Such as: porridge, white toast, rice soup, etc., the best choice is the soft but not greasy food; if vomiting occurs again, you need to fast for a few hours before eating.

2. 飲食原則：禁止飲用刺激性、太冷或太熱的飲料，若嘔心嘔吐情形緩解，可試著飲用白開水或稀釋過的運動飲料，若無不舒服的腸胃症狀，可採漸進性方式進食，如：稀飯、白土司、米湯等，以質地軟而不油膩的食物為最佳選擇；如果再有嘔吐情形發生，則需禁食幾小時後再進食。

Drug treatment: If the symptoms do not improve for several days, it is recommended to seek medical attention. Avoid taking any over-the-counter medicines or antidiarrheal drugs. Improper antidiarrhea will cause bacteria to stay in the intestines for a longer time, thereby prolonging the healing time of the disease.

3. 藥物治療：若症狀連續多日未改善建議就醫，應避免隨便吃成藥或止瀉藥，不當止瀉會造成細菌在腸道的時間延長，以致延長疾病治癒時間。

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How to take care of yourself 五、如何照顧自己

1. Wash with water after defecation to avoid redness, swelling and irritation of the skin of the anus.
1. 排便後用清水洗淨，以免造成肛門口皮膚紅腫刺痛。
2. Relax and stay happy; try to rest in bed quietly (to slow down bowel movements and reduce diarrhea symptoms).
2. 心情放鬆，保持愉快；盡量安靜臥床休息（使腸蠕動減慢並使腹瀉症狀減輕）。
3. Temporarily fast and let the stomach and intestines rest; if there is no vomiting, add water and dilute sports drinks appropriately.
3. 先暫時禁食，讓腸胃休息；如無嘔吐現象，則適量補充水分及稀釋過運動飲料。
4. Resumption of diet should start with a semi-liquid and light diet (such as rice soup, vegetable soup, fruit juice), and then a soft diet (such as porridge, noodles, white toast). If vomiting occurs again, you need to fast afterwards. Eat again, and finally take a gradual, small and frequent meal to resume the normal diet.
4. 恢復飲食應由半流質清淡飲食（如：米湯、菜湯、果汁）開始，再進食軟質飲食（如：稀飯、麵條、白吐司），若再發生嘔吐情形，則需禁食後再進食，最後採漸進性少量多餐恢復普通飲食。
5. Avoid greasy, fried and irritating foods, such as coffee, sour, spicy, pepper, mustard, etc. Avoid gas-producing foods such as milk and soy milk, hard (roasted meat, rice cakes), glutinous rice products, ice products, fiber-rich or fatty foods.
5. 避免油膩、油炸及刺激性食物，如：咖啡、酸、辣、胡椒、芥末等。避免牛奶、豆漿等產氣食物、硬的（烤肉、年糕）、糯米類製品、冰品、纖維多的或脂肪性食物。
6. Eat regularly and quantitatively, eat small amounts and do not overeating.
6. 飲食定時定量、少量多餐。
7. Take the medicine prescribed by the doctor on time. If the symptoms do not improve or there is pain, please return to the hospital for review immediately.

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7.按時服用醫師處方藥物，如症狀無改善或有疼痛情形，請立刻返院複查。

How to prevent acute gastroenteritis in daily life 六、日常生活如何預防

1. Always wash your hands before eating and after going to the toilet.
1.飲食前、如廁後一定洗手。
2. Pay attention to the home cooking environment and utensils, and patients' tableware must be isolated from others to avoid group infection.
2.注意居家烹調環境、器具，病人的餐具需與他人隔離，避免群體感染。
3. Avoid eating uncooked food and avoid drinking raw water.
3.避免食用未經過煮熟的食物及避免飲用生水。
4. When choosing food, pay attention to the shelf life.
4.選擇食物時，應注意保存期限。
5. The cutting boards used for raw and cooked foods must be separated.
5.生和熟的食物所使用的砧板必須分開。
6. Regular life and rest, quit smoking, drinking, and drug addiction habits.
6.規律生活作息，戒除抽菸（含電子煙）、喝酒、藥癮習慣。