

Dr Željko Čakarun – pedijatar: Postupak s djetetom oboljelim od proljeva

1. Odmah započeti s čestim davanjem blago zaslađenog **šipkovog čaja i oralnih rehidracijskih tekučina (Rehidromiks ili HIP ORS 200)**. 150 -200 ml/kg/kroz 24h, odnosno 30-40 ml/kg u prvom satu i 15-20ml/kg/h kroz slijedećih 5-6 sati, te dalje nastaviti prosječno 5ml/kg/h + **50- 100 ml** rehidracijske tekućine za svaki proljev ili povraćanje. Ako postoji opasnost od **povraćanja**, tekućinu treba davati, često i pomalo, na žličice , 10 minuta iza povraćanja - **1 malu žličicu (5ml) svake 2 minute**, te postepeno povećavati količinu i razmak, a kad je povraćanje prestalo, dajemo mu da pije po volji, koliko želi.
2. Ako se dijete doji, **dojenje treba nastaviti normalno** dalje svaka 2-3h (skraćivanje podoja samo u slučaju povraćanja). Ostala dojenčad mogu uzimati svaka 2-3h mlijeko za proljeve (**Humana 9 ili HN25**), ali prvog dana obroci moraju biti upola manji, te se iz dana u dan postepeno povećavaju, svaki dan za 30 %,ako je stolica dobra.
3. Dalje, ovisno o **dobi djeteta** (daju se samo one namirnice koje je dijete i prije uzimalo) **Juha od riže i mrkve** (skuhati 3-4 žlice riže i 3-4 mrkve u otprilike ½ litre vode kroz 30 minuta,sve propasirati,posoliti, ½ male žličice biljnog ulja!). **Ribane jabuke** bez šećera, **banane, ceratonia** (rogačevo brašno). **Suhi keksi** (Petit,plazma keksi itd.), **dvopek, slani štapići**. Čim se **stanje poboljša, nemasne juhe** normalno posoljene, te **sve lešo**: kuhana riža, nemasno meso (piletina, teletina, bijela riba), a nešto kasnije i krompir, tjestenina, povrće i pasirana variva (mrkva,cvjetaća, grašak), prežgana juha, jogurt,svježi kravlji sir, tvrdo kuhana jaja, a od 4. dana može i čokolino, te čokolada za kuhanje, žitne kašice itd. Nakon 4.dana postepeno se vratiti na onu hranu koju je dijete uzimalo i prije bolesti. Sokove, slatkiše i masnoće treba izbjegavati još nekoliko dana.
4. Ako **dijete neće da pije dovoljno**, povraća i izgleda **iscrpljeno, umorno, suhog jezika i sluznica**, mora mu se **HITNO** dati tekućina **intravenozno** , tj. treba se **bolnički liječiti**.

Dr. Željko ČAKARUN-pediatrician: Diet for the child with diarrhea

1. Immediately start with providing enough fluids - slightly sweetened hip tea and oral rehydration salt solution (Rehidromiks or HIP ORS 200). 150 -200 ml / kg / through 24h, or 30-40 ml / kg in the first hour and 15-20 ml/kg/h through the next 5-6 hours, and continue to average 5ml/kg/h + 50 - 100 ml rehydration liquid for every stool (diarrhea) or vomitus (throw out). If there is a danger of vomiting, give fluids sip by sip (spoon by spoon). 10 minutes after vomitus - 1 small spoon (5ml) every 2 minutes and gradually increase the quantity and when vomiting stopped , give him/her to drink by free will.
2. If the child feed with his mother milk - breastfeeding should continue normally every 2-3h. Other infants who are feeding with formula – should take diet milk every 2-3h (Humana 9 or Milupa HN25 or NAN lactosa free). But the first day(in the begining) meals must be half reduced, and the day after gradually increasing, every day for 30% bigger, only if the stools are good.
3. Further, depending on the child's age (given to only those foods that the child was taken before the illness) soup rice and carrots (cook 3-4 big spoons of rice and 3-4 carrots in about ½ liter of water through the 30 minutes, mash,add salt and ½ small tea spoon of vegetable oil). Scrub apples with no sugar, bananas, ceratonia (carob flour).Biscuit,dry cookies (Petit, plasma biscuits, etc.), salted sticks. As soon as the situation improves,low fat soups with normally amount of salt, and all other cooked food: boiled rice, low fat meat (chicken, veal, white fish), and a little later cooked potatoes, pasta, vegetables soup (carrots, cauliflower, peas), yogurt, fresh low fat cow's cheese, hard boiled eggs, and after 4th day may eat chocolate for cooking(„Čokolino“), cereal, etc. And if diarrhea stopped – gradually can return to the food that the child was taken before the illness. Juices , sweets and fats should be avoided for a few days.
4. If a child does not drink enough and looks exhausted, tired, with dry tongue and mucous membranes,He/she should go urgent to the hospital where will be treated with intravenous fluids (infusion) after doing laboratory tests.

