

Traveler's Diarrhea



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مركز الأمراض الإنتقالية
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عضو في مؤسسة حمد الطبية
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Traveler's Diarrhea

Introduction

Travelers' diarrhea (TD) is the most common health problem of overseas travelers affecting an estimated 20 to 60 percent of travelers.

Travelers' diarrhea defined as the passage of three or more loose/watery stools in 24 hours, accompanied by fever, abdominal cramps, fecal urgency, nausea or vomiting.

Many organisms can cause TD, which usually spread by fecal/oral route (eating/drinking contaminated food/water or contact between the mouth and contaminated hands, cups, plates etc.).

The Illness

- Most cases are mild and do not significantly alter travel activities.
- Moderate to severe travelers' diarrhea is associated with additional symptoms that can lead to an interruption of normal activities.
- Most cases occur in the first week of travel.
- On average, symptoms last for 3–5 days and the majority of cases self-resolve without any specific treatment.

Treatment

- Antibiotics are unnecessary in most cases.
- Preventing dehydration during an episode of travelers' diarrhea is important. By Clear fluids such as diluted fruit juices or oral rehydration solutions

- All rehydrating drinks must be prepared with safe water.
- Travelers with severe or blood/mucous stained diarrhea, high fever or severe abdominal pain should seek medical attention.
- If no medical treatment is readily available, antibiotic self-treatment may be used. Antibiotics should improve diarrhea within one to two days.
- If symptoms persist without improvement after 72 hours medical help should be sought.

Vaccination

No licensed vaccines are available against travelers' diarrhea

Recommendations to Travelers

Travelers advised to take effective food and water precautions including:

- Consuming
- Personal hygiene
- Hand washing prior to eating and after using the toilet is essential but may not always be available; carry alcohol rub and wipes for emergencies.
- Antidiarrheal Agents as Loperamide is effective and can help but it should be avoided where there is blood/mucous in stool and/or high fever or severe abdominal pain, due to the risk of complication.
- Antibiotics are only required in the treatment of severe diarrhea, diarrhea will improve within one to two days.