

# 小兒急性腸胃炎與嘔吐

## Children's Acute Gastroenteritis and Vomiting

一、什麼是小兒急性腸胃炎 What is children's acute gastroenteritis ? :

小兒腸胃炎主要因細菌或病毒感染而引起，意指腸、胃黏膜發生急性炎症反應。

Children's gastroenteritis mainly caused by bacteria or viral infection, means acute inflammatory response that happens in intestine、stomach mucosa

二、小兒腸胃炎有那些症狀 Children's gastroenteritis have this symptoms :

症狀為嘔吐或腹瀉，常合併腹部絞痛、發燒、腹脹或食慾不振。腹瀉是指排便情形與平時習慣不同，如排便次數突然增加 3~4 次以上，且大便成稀狀或糊狀，或水份較平常增加很多，或糞便的氣味聞起來與平常不一樣或有酸味等現象。

**Symptoms are vomiting or diarrhea, often associated with abdominal cramps, fever, abdominal distension or loss of appetite. Diarrhea refers to the defecation situation is different with usual situation, If the defecation suddenly increase 3 - 4 times or more than normal, and the stool is in watery or loose state, or the water increases more than usual, or the stools smells differently than usual or smells sour.**

三、傳染途徑 Route of Infection :

小兒腸胃炎主要經由糞口、污染的食物或飲水、人與人接觸的傳染。

Common route of infection for gastroenteritis includes fecal-oral route, contaminated food or water, and infection between people contact.

四、飲食注意事項 Food Instructions :

1. 不禁食或儘早恢復規律飲食並無任何副作用，且可減緩疾病嚴重度及病程時間。

No fasting. Restore to regular dieting without as early as possible without any side effect, which can alleviate disease severity and course of disease.

2. 口服電解質水：若病童沒有嘔吐、劇烈腹瀉、腹痛，在醫師允許下可飲用口服電解質水（不用稀釋）；市售運動飲料因電解質含量低，糖份高，不宜為兒童腹瀉之補充。

Drink electrolyte solution: Children can drink electrolyte solution (dilution not required) under physician permission when the children do not have vomiting, severe diarrhea or abdominal pain. The sports electrolyte drink available in the market contains low content of electrolyte but high content of sugar and hence is not suitable for supplement to children with diarrhea.

3. 採清淡飲食：稀飯（可搭配少許海苔醬、醬瓜汁）、米湯、白飯、白饅頭、白吐司、

蘇打餅乾（原味）、嬰兒米餅，蘋果（切片）或香蕉泥，避免食用太甜、油膩、油炸及刺激性食物。

Have light diet: Rice porridge (eat with some seaweed paste or preserved cucumber sauce), rice soup, rice, white steamed bun, toast, soda crackers, baby's rice crackers, apple or banana puree, and avoid eating food that is too sweet, greasy, oily, and stimulating.

4. 以牛奶為主食的病童，先以半奶（水量一樣，奶粉湯匙數少一半）餵食，若水瀉持續，在醫師指示下可更換無乳糖奶粉，飲用至糞便恢復正常。無乳糖奶粉可直接更換。

Sick infants with milk as the main source of diet shall be fed with half portion of formula (the same amount of water but half the number of scoops of formula). If diarrhea persists, change to lactose-free infant formula under the instructions of the physician. Continue the dieting until the excretion restores to normal state. Change lactose-free formula directly.

5. 以母乳為主食之嬰幼兒，可繼續哺餵母乳，不受影響，但奶量應適當的增加，以免嬰兒吃過多造成嘔吐。此外，寶寶剛吃飽時，不要用力晃動或逗寶寶玩。

Breast-milk based infants can continue breast feeding, however with proper increase of milk amount to avoid excessive drinking in infants that leads to vomiting. Moreover, do not shake or play with the baby after having milk.

6. 少量進食以避免胃過度飽和，且避免在用餐時喝過多的液體，減少飽脹感。

Eat small amount of food to avoid the stomach getting too full. Avoid drinking too much liquid during meal to reduce the fullness.

7. 嘔吐時，應維持呼吸道暢通：可讓嬰幼兒給予側躺或坐著，使身體往前傾。若有嘔吐物自口內湧出，則應立即清除口內異物，不要馬上餵食，避免造成吸入性肺炎。

Keep the respiratory tract smooth when vomiting: Let infants lie down or sit up and keep the body incline forward. Any vomit surged from the mouth should be immediately removed from the mouth. Do not feed any food immediately to avoid Aspiration pneumonia.

8. 嘔吐後 2~3 小時內先禁食，之後試喝溫開水看看會不會嘔吐，若不會再嘔吐才可進食，可先給予清淡、易消化的食物，如加鹽少許的白稀飯、清湯、水煮白麵條、土司等。

Fasting is required in 2~3 hours after vomiting. Try drinking lukewarm water to see if vomiting continues and eat only after vomiting stops. Give children with mild and digestible food such as rice porridge with small amount of salt, soup, noodles and toast.

9. 注意觀察嘔吐物的形態、性狀及內容物：如嘔吐是否為噴射狀？嘔吐的東西是否含食

物、膽汁、血塊或痰？嘔吐的時機是吃完就馬上吐，還是不吃也會吐？

Observe the state, shape and content of vomit: Is the vomiting projectile? Does the vomit contain food, bile, blood or sputum? Does the child vomit immediately after eating or vomit even without eating anything?

- 10.嘔吐時有無其他症狀：如呼吸喘、發燒、畏寒、咳嗽流鼻水、肚子脹或痛、腹瀉、頭痛、抽筋或意識不清等。

Are there symptoms other than vomiting: i.e. panting, fever, cold, chills, coughing and runny nose, bloating or aching belly, diarrhea, headache, seizure, or unconscious?

- 11.較大的小兒嘔吐後，應給予漱口，去除口中異味，以免再引發嘔吐。

After bigger children vomit, ask them to rinse the mouth and remove the odor from the mouth to avoid re-vomiting.

- 12.若吃完藥物後馬上嘔吐，應告知醫護人員，以評估是否需要再補吃一次藥物。

If vomiting continues after taking the medicine. Inform the medical staff to evaluate if re-medication is required.

#### 五、照護注意事項 Care Instructions：

- 1.飯前和如廁後應洗手：照顧者為嬰幼兒準備餐點前、換尿布後，應用肥皂洗手。

**Wash hands before meal and after going to the bathroom: The caregiver should wash hands with soap before preparing the meal and after changing the diaper.**

- 2.餐具、奶瓶消毒要確實：尤其是以牛奶為主食的嬰兒。

**Sterilize the tableware and milk bottle: Particularly for infants based on milk.**

- 3.蔬果要清洗乾淨；開水必須以瓦斯煮沸過，避免生食、生飲自來水。

**Wash the fruit and vegetable well; boil the water and avoid drinking raw food or tap water.**

- 4.注意大便性狀（例如：稀水便、糊便、軟便）、顏色及次數，糞便中有無血絲；看診時可將便後尿布帶來，這是醫師診斷的重要參考。

**Pay attention to the state of bowel (i.e. watery, loose or soft excrement), color, and number of bowel movement, or blood in excrement). Bring the diaper when seeking medical advice as it is key reference for physician diagnosis.**

- 5.有紅臀之病童，須勤換尿布，每次大小便後，以溫水清洗臀部，並用毛巾輕拍保持乾燥，可擦凡士林或市售護膚膏保護。若紅臀嚴重，可依照醫師指示使用外用藥膏。

**Children with red rash on hip must be changed with diapers frequently. Rinse the hip with lukewarm water after each urination and bowel movement. Pat the hip with a**

towel gently to keep it dry. Use Vaseline or lip balms for skin protection. For serious red rash on hip, follow the physician's instruction to use ointment for external use.

6. 腹痛、腹脹之病童，取適量脹氣膏放在手心，搓熱後以『順時鐘』方向輕輕按摩（避開肚臍）促進腸蠕動並幫助排氣，或在腹部放溫毛巾，舒緩脹氣不適。

For children with abdominal pain or bloating, take moderate amount of peppermint oil and rub it against the palm, use warm hands to gently massage the children (avoiding the belly button) in clockwise direction to help peristalsis and flatus. Or place warm towel on the abdomen to sooth the discomfort with flatulence.

7. 盡量避免出入公共場所。

Avoid accessing public places.

8. 不可以自己給予止瀉劑服用，以免導致其他合併症。

Do not take the anti-diarrheal drug without physician's instruction to avoid other complications.

9. 腹瀉期間如果有發燒，請盡量不要量肛溫及使用肛門栓劑退燒。

For fever during diarrhea, avoid taking rectal temperature or use rectal suppository to reduce the fever.

六、若有以下情形應馬上回診 **Return for medical advice immediately in any of the following situations:**

1. 上吐下瀉不止、無法進食。

Consistent vomiting and diarrhea; unable to eat anything.

2. 高燒不退超過兩天、冒冷汗。

Consistent high fever over two days and cold sweat.

3. 糞便或嘔吐物帶血絲，嘔吐物為黃綠色液體（膽汁）或深咖啡色。

Excrement or vomit with streaks of blood. Vomit appears in yellow-green liquid (bile) or dark brown color.

4. 精神活動力差很多、嗜睡或昏睡。

Low spirit and poor activity, drowsy or lethargy.

5. 抽搐。

Convulsion.

6. 腹部劇烈痙攣性絞痛（寶寶常把膝蓋變曲頂向前胸來表示），腹脹厲害。

Severe cramping abdominal pain (babies often expressing such pain by bending the knees toward the chest) with serious abdominal distention.

7.注意脫水的特徵：嬰兒的囟門凹陷、哭泣時不會有眼淚，尿量減少（尿布更換次數減少）、皮膚乾燥或缺乏彈性、體重減輕等。


Pay attention to symptoms of dehydration: sunken fontanel of infants, crying without tears, reduced urine (reduce number of diaper change), dry skin or lack of resilience, and weight loss.

參考資料 Reference information

黃美智、蔣立琦總校訂(2018) · 兒科護理學 (6 版) · 台北：永大。

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉 40 病房分機 4001、4002

If you need further information about matters above, Please call telephone :05-2756000 turn 40 ward extension 4001,4002

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ST.Martin De Porres Hospital concern about you

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