

Diarrhea
11/5/2017

Non-toxic pt's w/o red flags probably have viral gastroenteritis and can go home with an antidiarrheal

Know the three big non viral causes of diarrhea ("**lucky I's**") = **ischemia, infection, IBD**

5 questions to identify red flags

1. **Is it bloody?** Also consider doing a guaiac test. Bloody diarrhea probably isn't viral.
2. **Are you having pain?**
 - Post prandial = consider mesenteric ischemia/colitis
 - Viral may have some cramps/gas pain and shouldn't have tenderness to palpation
3. **Recent antibiotics or hospitalization?** Consider C-diff -> Tx = metronidazole or vancomycin
4. **Recent travel?**
 - 80% post travel diarrhea is bacterial -> Tx = ciprofloxacin (or other)
5. **Do you have A-fib (or other vascular risk factors)?**
 - Mesenteric ischemia/colitis is a serious threat to life

Quick Fact

- **Antidiarrheals** = loperamide (Imodium), bismuth (Pepto-Bismol), and diphenoxylate (Lomotil)
- If sick or with red flag consider CBC/lytes, stool studies (WBC, Cx, C-diff, O+P), CT w/ contrast (dx colitis)
- *Ischemia = consult surgery; infection = appropriate antibiotic; IBD -> consult GI, steroids, and salicylate (like mesalamine)*