

DIARRHEA

Diarrhea is medically defined as loose (or watery) and unusually frequent bowel movements, often accompanied by abdominal cramping. Follow the BRAT diet (bananas, rice, applesauce and toast). Avoid high-sugar drinks like fruit juice, soft drinks – instead opt for Gatorade which replenishes lost electrolytes and water.

Diarrhea that persists for more than a couple of days, no matter how mild, is worth a call to your physician.

See **“Approved Medications During Pregnancy”**