

PRACTICAL GUIDE TO

HOW NOT TO GET 

UPDATED 15th JANUARY 2022





Clipboard with a checklist:

Item	Yes	No
1. Check for leaks		
2. Check for damage		
3. Check for debris		
4. Check for safety		
5. Check for cleanliness		
6. Check for proper operation		
7. Check for proper maintenance		
8. Check for proper documentation		
9. Check for proper communication		
10. Check for proper training		
11. Check for proper supervision		
12. Check for proper coordination		
13. Check for proper planning		
14. Check for proper execution		
15. Check for proper evaluation		
16. Check for proper improvement		
17. Check for proper reporting		
18. Check for proper record keeping		
19. Check for proper archiving		
20. Check for proper disposal		

DISCLAIMER

- ▶ RE-CHECK & CONSULT, MEDICAL CONDITIONS, ALLERGIES (LACTOSE) OR PREGNANT
- ▶ ALWAYS READ MEDICINE LEAFLET BEFORE USE
- ▶ information is for adults, doses for kids may be different
- ▶ 3+ years without problems, India, Central Asia, Africa, only 1x from water in Pakistan
- ▶ gave all my medicine to travellers gradually

**WHAT IS IT WE
SUFFER FROM?**








DIGESTIVE SYSTEM

- ▶ our digestive system contains billions of bacteria
- ▶ Bacteroides (west) & Prevotella (east), Bifidobakterium, Lactobacillus, Sacharomyces cerevisiae
- ▶ every person has unique cocktail which depends on region, diet, fitness, health, etc...
- ▶ when we travel we introduce new varieties of good bacteria & infectious bacteria

WHAT IT IS WE SUFFER FROM?

TRAVELLERS' DIARRHOEA

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

TYPE 6,7

Source:

<https://www.continence.org.au/pages/bristol-stool-chart.html>

TRAVELLERS' DIARRHOEA

- ▶ defined as $< 3^{(\text{mild})}$, $< 5^{(\text{moderate})}$ liquid discharges in 24 hours (type 6,7)
- ▶ in 80% caused by
 - ▶ bacteria (E. coli, Salmonella, ...)
 - ▶ parasites (Giardia intestinalis, Entamoeba histolytica, ...)
 - ▶ viruses (Norovirus, ...)
- ▶ in 20% stress, dietary mistakes, intolerances
- ▶ can be caused by diseases Cholera / Malaria (different symptoms)
 - ▶ blood, & mucous, fever, muscle, joint ache, ...

SYMPTOMS & PROGRESSION

- ▶ symptoms usually come within hours to days
- ▶ most common on day 3, 4 or 10
- ▶ stomach ache, loads of gas, higher temperature
- ▶ nausea is usual
- ▶ vomiting, cramps are unusual
- ▶ over in 1 - 3 - 5 (max) days
- ▶ when treated it can be over in 5 - 24 hours

SYMPTOMS FOR HOSPITAL

- ▶ poo has blood, other symptoms
- ▶ no improvement in 24 hours when treated
- ▶ no improvement in 5 days when untreated
- ▶ severe dehydration (confusion, unexplained tiredness, purple fingernails and seizures)

NO IMODIUM® IF BLOOD IN 

**HOW TO DEAL
WITH IT?**

1 MEDICATION

2 RE-HYDRATATION

3 NUTRITION

MEDICATION – LOPERAMID

- ▶ **Imodium[®]**, Loperon[®]
- ▶ easily available, no prescription
- ▶ slows down intestinal movement
- ▶ not an antibiotic, treats symptoms, not the cause!
- ▶ can cause intestinal stasis / intestinal pseudo-obstruction
- ▶ which may cause bacterial overgrow (make it worse)

NO IMODIUM[®] IF BLOOD IN 

Č. šarže:
EXP:

9AV1401
12-2023

Imodium[®]

tvrdé tobolky

loperamidi hydrochloridum

Lék proti průjmu

Dospělí a dospívající od 12 let:

Neurčí-li lékař jinak, užíjte u náhle vzniklého průjmu nejdříve 2 tobolky a po každé další řídké stolici 1 tobolku, nejvíce 8 tobolek za den.

Děti od 6 let:

Dětem od 6 let podejte nejdříve 1 tobolku a potom 1 tobolku po každé řídké stolici. Celková denní dávka se určuje podle tělesné hmotnosti dítěte, podrobné informace čtěte v příbalové informaci. Nejvyšší dávka je 8 tobolek za den.

Reg. č.: 49/071/92-S/C

SÚKL kód: 0233899



mg Pipravek
si přečtěte
iva loperamidi
použitím

LOT: 9AV1401
EXP: 12-2023

MEDICATION – RACECADOTRIL, ACETORPHAN

- ▶ **Hidrasec[®], Tiorfix[®], Tiorfan[®], Redotril[®], Enuff[®]**
- ▶ easily available, no prescription
- ▶ reduces the secretion of water and electrolytes into the intestine
- ▶ not an antibiotic, treats symptoms, not the cause!
- ▶ unlike Imodium does not reduce intestinal mobility
- ▶ maximum 2 days if not getting better

HIDRASEC® 100 mg tvrdé tobolky
Racecadotrilum

100 mg

10 tvrdých tobolek



SX551

06/2021



17

5

MEDICATION – DIOSMEKTIT

- ▶ **Smecta[®], Smecdral[®]**
- ▶ easily available, no prescription
- ▶ absorbent, absorbs toxins, viruses, bacteria and chemicals, no killing
- ▶ not an antibiotic, treats symptoms, not the cause!
- ▶ **maximum 2 days if not getting better**
- ▶ **limits medication absorption, 3 hours absorbs everything, (contraception, epilepsy,...)**

smecta®

prášek pro perorální suspenzi
diosmectitum

smecta®

prášek pro perorální suspenzi
diosmectitum

PROTI PRŮJMU

Pomeranč
& vanilka

10 sáčků po 3 g

smecta®

Diosmectitum

PROTI PRŮJMU PROTI HNAČCE

Prášek pro perorální
suspenzi
prášek na přípravu
suspenzie

IPSEN

IPSEN

Jeden sáček obsahuje diosmectitum.
Obsahuje glukózu a sacharózu.
Před použitím si přečtěte příbalovou informaci.
Perorální podání
Uchovávejte mimo dohled a dosah dětí.
Výdeř léčivého přípravku: možný bez škodlivého příměru.
Obvyklé dávkování:
Léčba akutního průjmku:
- u dětí do 1 roku: 2 sáčky denně po dobu 3 dnů
potom 1 sáček denně
- u dětí nad 1 rok: 4 sáčky denně po dobu 3 dnů
potom 2 sáčky denně
- u dospělých: doporučená denní dávka je 6 sáčků denně
Léčba jiných indikací (pouze na doporučení lékaře):
- u dětí do 1 roku: 1 sáček denně
od 1 do 2 let: 1-2 sáčky denně
starší 2 let: 2-3 sáčky denně
obvykle 3 sáčky denně
- u dospělých: obvykle 3 sáčky denně
Obsah sáčku se musí rozpustit v tekutině před použitím.
U dětí: obsah sáčku se rozpustí ve sklenici s 50 ml vody.
U dospělých: obsah sáčku se rozpustí v polévce nebo
vody.
Nepoužívejte lék ve vaší zemi.
IPSEN Pharma, Boulogne-Billancourt, France
Registrační číslo: 4507250-C

IPSEN

MEDICATION – NIFUROXAZID¹, RIFAXIMIN², CIPROFLOXACIN³

- ▶ **Ercerufyl**^{®1}, **Antinal**^{®1} (many names, Wikipedia), disinfectant 👍
- ▶ **Normix**^{®2}, **Xifaxan**^{®2}, **Zaxine**^{®2} low absorption & side effects 👍 👍
- ▶ **Cipro**^{®3} high absorption, resistances, generic, strong 👎
- ▶ West on prescription, Egypt, Africa and elsewhere without
- ▶ antibiotics, wide range of bacteria and parasites (Shigella, E. coli, Salmonella, Staphylococci, Klebsiella, Yersinia, Giardia)
- ▶ local resistance to antibiotics
- ▶ if not better in 2 days visit doctor!

Ercefuryl 200 mg cps.

tvrdé tobolky
nifuroxazidum

Jedna tvrdá tobolka obsahuje 200 mg nifuroxazidum
Pomocné látky: sacharóza aj.
14 tvrdých tobolek

Ercefuryl 200 mg cps.

tvrdé tobolky
nifuroxazidum
14 tvrdých tobolek

11017003



MEDICATION – WHAT & WHEN

MILD: HIDRASEC®

MODERATE: HIDRASEC® + NORMIX®

WATER: IMODIUM® + ERCEFURYL®

RE-HYDRATATION

- ▶ crucial for recovery, we lost water & electrolytes
- ▶ 2l standard, 3l physical activity/heat, +1l at least when sick
- ▶ yellow pee is bad / clear pee is good
- ▶ **WHO ORS** (new version with reduced osmolarity, kids)
(1l water, 2.6g salt, 2.9g trisodium citrate, 1.5g potassium chloride, 13.5g glucose), many brands
- ▶ **home-made ORS**
(1l water, 1/2 tea spoon salt, 6 tea spoons sugar)
- ▶ coconut water (sterile, high in potassium)
tea (warm/cold) + sugar + lemon



NUTRITION

- ▶ no dietary limitations, unless dictated by medication
- ▶ eat less, more often
- ▶ rice & carrot boil, boiled potatoes, salty soups, bananas
- ▶ limit fats, meat, spices
- ▶ avoid raw milk
- ▶ use prebiotics and probiotics (especially after antibiotics)

10 kapsúl

VÝŽIVOVÝ DOPLNOK
BIOPRON[®]
..9.Premium

CZ Minimální trvanlivost do konce data
uvedeného na obalu (EXP).
Hmotnost obsahu: 2,3 g
Výrobce: Walmark, a.s., Olšichovice 44,
739 61 Tíneček, Česká republika
VOLATE ZDARMA 800 141 141
www.biopron.cz www.kubizdravici.cz

SK Minimálna trvanlivosť do konca
datumu uvedeného na obale (EXP).
Hmotnosť obsahu: 2,3 g
Výrobca: Walmark, a.s., Olšichovice 44,
739 61 Tíneček, Česká republika
VOLATE ZADARMO 0800 191 191
www.biopron.sk www.kubizdravici.sk

**KOMPLEX LAKTOBACILOV,
BIFIDOBAKTERIÍ A FRUKTOOLIGOSACHARIDOV**
20 miliard CFU živých mikroorganizmov v dennej dávke
PRE DOSPELYCH A DETI OD 3 ROKOV

SK - 9 kmeňov živých mikroorganizmov vo vysokej dennej dávke – 20 miliárd CFU • Obohatené
o fruktooligosacharidy • Vhodný pre celú rodinu a deti od 3 rokov • **Zloženie:** fruktooligosacharidy,
zmes živých mikroorganizmov (obsahuje **mliečne** a **sójové** zložky), antioxidanty
(kyselina L-askorbová, stearan horecnatý), kapsula (želatína, farbivo oxid titaničitý). **Dávkova-**
nie: 1 kapsula 1–2x denne počas jedla. **Upozornenie:** Nevhodné pre deti do 3 rokov. Vhodné
i pre tehotné a dojčiace ženy. Ustanovená denná dávka sa nesmie presiahnuť. Výživový doplnok
sa nesmie používať ako náhrada pestrej stravy. Ukladať mimo dosahu detí. Skladovať v suchu
a tme, pri teplotách od 5 °C do 25 °C. Nevystavovať priamemu slnečnému žiareniu!

Denná dávka obsahuje:
9 kmeňov živých
Bifidobacterium
Bifidobacterium
Lactobacillus
Streptococcus
Fruktooligosacharidy
*CFU



**CAN WE PREPARE
AND PREVENT IT?**

BEFORE THE TRIP

- ▶ fitness, active lifestyle
- ▶ balanced diet, fibre (oats, flaxseeds), veg. & fruit are natural prebiotic (bacteria loves pectin, inulin, etc...)
- ▶ asparagus, garlic, chicory root, jerusalem artichoke, apples (50% is pectin), barley, seaweed, onions, leek
- ▶ fermented food like sauerkraut and other fermented veg, kefir, kombucha are all probiotic
- ▶ probiotic and prebiotic supplements (1 month)
- ▶ smoked, fried, grilled, burned difficult for our digestion

BAD STUFF

- ▶ raw leaf & root vegetable salads & strawberries
- ▶ vegetable and fruit must be washed in reliable water (potassium permanganate solution if you want to be sure)
- ▶ milk, mayonnaise, eggs, soft/fresh cheese, ice cream
- ▶ ice, water (not filtered or boiled), fruit juices unless pure
- ▶ swimming may cause (intestinal, vaginal) infections, Schistosomiasis (Bilharzia) and more...
- ▶ any meal which is not piping hot (especially with meat)

WATER TREATMENT

- ▶ filtration (MSR, Sawyer, Katadyn, etc...)
- ▶ rolling boil for at least 1+ minute, when 1000m altitude 3+ minutes, + pinch of salt, as its flat
- ▶ chlorination using tablets, UV disinfection
- ▶ in some areas water treated (India, spiced water in dhabas)
- ▶ camel bag, reusable bottle - only clean water! Any sugar will make it a ticking time bomb!



DURING THE TRIP

- ▶ wash hands with soap / disinfection gel / vodka
- ▶ eating, toilet, shaking hands, public transport, smokers
- ▶ keep with probiotics and prebiotic
- ▶ smoked, fried, grilled, burned difficult for our digestion
- ▶ take your time and eat local, that is a way to get used to local bacteria (if possible, eg. have time)

GOOD STUFF

- ▶ coconut water (sterile, high in potassium)
- ▶ tea (warm/cold), slightly sweet, lemon
- ▶ sour drinks (lemon, etc...) contradict bacteria
- ▶ sparkling drinks (CO₂) contradict bacteria
- ▶ alcohol $\geq 40\%$, small amount is medicine (disinfects & supports stomach acid), 10 beers has different effect ;)



**4 THINGS TO TAKE
AWAY**

1

**IMODIUM® ALONE
WON'T HELP**

2

HIDRASEC® & NORMIX®

95% WILL

3

4+ DAYS OR BLOOD*

= HOSPITAL

4

**RE-HYDRATE, ORS &
PRE/PRO BIOTICS**

THANK YOU

PRESENTATION IS AVAILABLE AT
[HTTPS://FARANDFURTHER.ORG/PROJECTS/TALKS](https://farandfurther.org/projects/talks)

QUESTIONS, COMMENTS?
PAVEL@FARANDFURTHER.ORG



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