

PRACTICAL GUIDE TO

HOW NOT TO GET



UPDATED 15th JANUARY 2022





No	Uraian	Luas (m ²)	Volume (m ³)	Estimasi Biaya (Rp)
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31
32
33
34
35
36
37
38
39
40
41
42
43
44
45
46
47
48
49
50

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 ^(mild), < 5 ^(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 Přípravek
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

SX551 06/2021

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,...)**

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

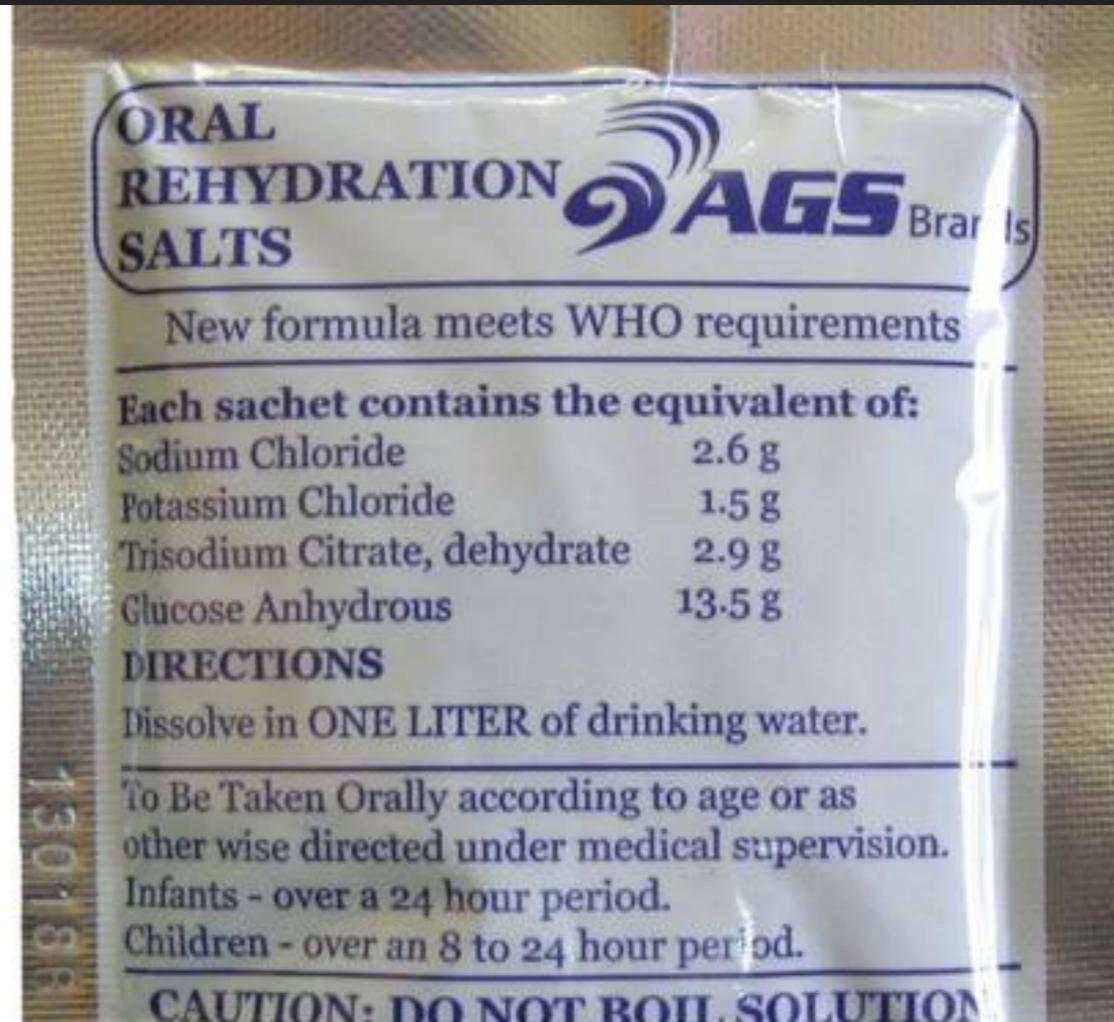
MILD: HIDRASEC®

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 Minimálna trvanlivosť do konce dátum uvedeného na obale (EXP).
Hmotnosť obsahu: 2,3 g
Výrobca: Walmark, a.s., Olšichovce 44,
739 61 Tínec, Česká republika
VOLETE ZDARMA 800 141 141
www.biopron.cz
www.kubizdravi.cz

SK Minimálna trvanlivosť do konce dátumu uvedeného na obale (EXP).
Hmotnosť obsahu: 2,3 g
Výrobca: Walmark, a.s., Olšichovce 44,
739 61 Tínec, Česká republika
VOLETE ZDARMA 0800 191 191
www.biopron.sk
www.kubizdravi.sk

KOMPLEX LAKTOBACILOV, BIFIDOBAKTERIÍ A FRUKTOOLIGOSACHARIDOV
20 miliárd 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 sojové zložky), antioxidanty (kyselina L-askorbová, stearan horečnatý), kapsula (želatína, farbivo oxid titaničitý). • **Dávkovanie:** 1 kapsula 1-2x denne počas jedla. • **Upozornenie:** Nevhodné pre deti do 3 rokov. Vhodné i pre tehotné a dojčiacie 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
Lactobacillus
Streptococcus
*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



How not to get shits? by [FAR&FURTHER](#) is licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](#).