

# 嬰幼兒腸炎後如何選擇食物

## How to Choose Food While Recovering from Enterocolitis

1. Generally speaking, it is advisable to choose easy-digestive food, such as glucose or electrolytic solution, while recovering from serious enteritis. There is no digestive problem in taking electrolyte, babies can try lactose-free milk formula. Should return to normal baby formula until totally recovered, while usually takes two weeks to six months.
2. If the diarrhea is not serious, it is better to take diluted milk or use lactose – free milk.
3. For babies older than four-month old, it is good to use rice soup in substitution for formula milk in acute stage, or other easy-digestive food, such as like congee, and steamed bread. Food can be restored to normal gradually depending on the frequency and condition of stool.
4. Avoid gas-productive food, such as Yakult bun, toast, sweet potato, soda drinks, corn, and bean product.

### ◆一般腸炎後開始進食，醫師會告訴家長：

先選擇易消化，不增加腸胃負擔的葡萄糖電解質水溶液。

### ◆當葡萄糖電解質水溶液吸收沒有問題時，可進一步吃特殊配方奶粉(二星期至六個月不等)再嘗試改回原來的一般嬰兒奶粉。

### ◆如果腹瀉輕微時，使用無乳糖奶粉，或將牛奶沖淡情況就可改善。

### ◆對 4-6 個月以上較大的嬰兒在急性期：

以(米湯)餵食是一良方；對 4 個月以下嬰兒並不適當，應到醫院由醫師診治以免耽誤病情。

食物選擇可由：米湯→稀飯→饅頭→視大便情況改善，慢慢恢復正常飲食。

### ◆避免進食產氣食物：例如養樂多、地瓜、汽水、玉米及豆類製品。

如您對嬰幼兒腸炎後如何選擇食物內容瞭解請簽名

病患或家屬簽章 \_\_\_\_\_ 日期 \_\_\_\_\_