



# 腸胃炎

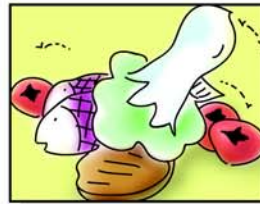


門診部

## 腸胃炎是甚麼？

腸胃炎是指腸（包括小腸及大腸）及胃發炎，由病毒或細菌（或細菌毒素）所引致，主要症狀是腹瀉及嘔吐，亦可同時感到腹痛、作嘔、發熱。

## 常見的疑問



### 1. 病毒性腸胃炎和細菌性腸胃炎有何分別？

如病毒是致病因素，如輪狀或諾沃克病毒等，通常是由於食用或飲用受病毒

污染的食物或水、接觸患者的嘔吐物或糞便或經噴沫傳染。病毒性腸胃炎具傳染性，在天氣涼的季節較為常見。

如細菌是致病因素，通常是由於食物中毒，進食未徹底煮熟或未經衛生處理的食物，患者可能會出現血糞。

### 2. 如有腹瀉或嘔吐，應如何處理？

若身體因腹瀉或嘔吐流失大量的體液而來不及補充，則可能會因嚴重脫水有性命危險。如多補充水分（或含電解質飲料）及暫停進食固體食物，通常於一週內康復。但如症狀持續或出現血糞，必須立即就醫。



### 3. 可以服用止瀉藥或其他藥物嗎？

除非經醫生指示，應避免服用止瀉藥，否則只會令病毒或細菌留在體內阻延康復。此外，如非必要，不會採用抗生素治療；若是病毒性腸胃炎，抗生素並無療效。



### 4. 腸胃炎會復發嗎？

不會。患者的腸胃於病後通常較為敏感，易有輕微腹瀉或嘔吐等。因此康復後應注意飲食，著重個人及環境衛生，避免再受感染致病。

## 如有以下情況出現，應盡快求診

1. 患者是一歲以下的嬰兒或年老體弱者。
2. 腹痛十分嚴重。
3. 糞便呈黑色、有血。
4. 腹瀉維持了超過四天。
5. 出現嚴重脫水現象，如口唇乾燥、皮膚缺乏彈性、眼球下陷等。
6. 多人一起有病徵，可能是傳染病。

## 預防方法

要注意增強個人抵抗力，實踐健康生活模式，還要維持良好的個人、食物及環境衛生習慣，如有嘔吐或腹瀉現象，切勿上班上學，並應盡早求診。

如有查詢，歡迎致電本部門

香港跑馬地山村道二號

電話：28358600

電郵：opd@hksh.com <http://www.hksh.com>

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# Gastroenteritis



**Out-Patient Department**

## What is gastroenteritis?

Gastroenteritis is an inflammation of the stomach and intestines due to acute infection by viruses or bacteria (or bacterial toxins). This causes vomiting and diarrhea, and sometimes abdominal pain, nausea and fever.

## Frequently Asked Questions



### 1. What are the differences between viral gastroenteritis and bacterial gastroenteritis?

Gastroenteritis caused by viruses such as rotavirus or norwalk virus are usually contracted through contaminated food or drinking water, fecal-oral or droplet transmission. Viral gastroenteritis is epidemic and more frequent during the winter months. Bacterial gastroenteritis is often due to food poisoning and eating improperly prepared food. Bloody stools may occur for bacterial infection.

### 2. What to do in case of diarrhea or vomiting?

You must replace fluids lost by diarrhea or vomiting and thus avoid serious dehydration which can be fatal. Drinking fluids or electrolyte solutions to replace fluids lost by diarrhea and eating no solid food until the diarrhea or vomiting has passed usually within a week. However, if the symptoms persist and bloody stools occur, seek medical help immediately.



### 3. Can I take any antidiarrheal medication?

Unless indicated by doctors, antidiarrheal medications are not recommended because the virus or bacteria may be retained in the body and thus prolong the infectious process. Besides, antibiotic therapy is usually not indicated unless systemic involvement is present. Antibiotics do not work for viral gastroenteritis.



### 4. Is gastroenteritis recurrent?

No. But patients recovered from gastroenteritis are more prone to diarrhea or vomiting. To avoid infection, eat well-prepared and clean food and maintain personal and household hygiene.

## Seek medical help immediately if :

1. If the patient is less than 12 months old or is physically old and weak.
2. If you have severe abdominal pain.
3. If you have blood in your stool or if your stool is black.
4. If your diarrhea does not go in 4 days.
5. If you have symptoms of dehydration, such as dry and chapped lips, poor skin turgor and sunken eyes.
6. If you have eaten with other people who also have diarrhea, which may imply a spread of infection.

## Prevention

Effective measures include building up good body immunity, adopting a healthy lifestyle and adherence to good personal, food and environmental hygiene. If diarrhea or vomiting occurs, do not go to school or work and seek medical help immediately.

For further enquiries, please contact us at :

2 Village Road, Happy Valley, Hong Kong

Tel : 2835 8600

E-mail : [opd@hksh.com](mailto:opd@hksh.com) [http:// www.hksh.com](http://www.hksh.com)

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