

The logo for the International Hockey Federation (FIH) is centered within a white, teardrop-shaped area. The letters 'F' and 'I' are red, while the 'H' is blue. The 'I' and 'H' are connected at the bottom. The background features a large, dark blue, curved shape on the right side, set against a light blue gradient background.

FIH

Delhi Belly and quick anticipating solutions ?



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with thanks to

Prof. Dr Ben Witteman, gastroenterology

3 kinds

- **Acute Diarrhoea** 30% bacteria, 25% virus
- **Travellers Diarrhoea** 65% bacteria, 10 % virus
- **Chronic Diarrhoea**

Delhi Belly = Combination Acute and Travel

So bacteria play an important role. 8 – 55% infected



WHY ?

- WC 2010 8 new cases every day
- JWC 2013 47 cases 10 i.v. fluids
- WL final 2014 6 players 2 officials

Bacterial tests > 40 in hotel LaLit showed no pathogenic organisms

Maybe due to normalized situation

Normal Human Fluid Balance

- Daily Intake (food, saliva, intestinal fluids) +10 liters
- Jejunum absorbing - 6.0 „
- Ileum „ - 2.5 „
- Colon „ - 1.4 „

In case of intestinal unbalanced you can lose 2 – 3 liters with electrolytes and minerals so start with

Oral Rehydration Solutions



Precaution/Prevention food and physical contact contamination

- Food etc. “Boil it, Cook it, Peel it or forget it”
- No tap water; no ice cubes; no salads; no BBQ
- Eat from your own plate with your own tableware
- Use only bottled drinks and do not share
- Teeth brushing with bottled water
- Frequently hand washing and dry with paper towel !
- Be aware of the water quality in the pool
- See if dishwashers are used and used correctly



Preventions at the pitch

- Only bottled water, your own !
- Don't touch the ball, use your foot or stick
- Have a sensible hygienic with your mouth guard
- Use special hand spray/fluids
- Shower/Ice bath

Variety of Treatment

- ORS
- Pre-biotics
- Pro-biotics (probi flora)
- Zinc
- Vaccine (Dukoral)
- Anti bodies
- Loperamide
- Antibiotics

“Real Treatment”

- ORS > 2 liter daily in small portions (200 ml)
- Loperamide 4 – 2 – 2 – 2 etc
- Doxycycline 300 mgr once or 2 X 200 mgr
- Ciprofloxacin 2 X 1 gram (evening and next morning)
- Azitromycine ?? 500 mgr every (3) days ??

Beneficial intestinal bacteria and side effects ?

Some last remarks

- Consider if possible isolation (only the doctor to treat)
- In case of even some little blood >>>> Antibiotics !
- Urine measuring
- O.A.C. less reliable

