

下痢について 高槻市東田獣医科 徳永 緑

下痢とは水分の多い便を排出することを言います。下痢は小腸、大腸のどちらに異常があっても起こり、その原因は腸自体の病気、感染、その他様々です。

原因が異なっても最終的な症状は下痢として現れるので、獣医師が正しく診断し治療するためには、どこに異常があるのか、何が原因なのかを知ることが必要です。従って、動物の体を調べたり、便を調べたりする以外にも多くの情報が必要になります。このため、獣医師はいろいろな質問をして正確な診断をつけようとしています。例えば、「いつから?」「どんなふうに? (回数、量、色、におい、便の固さ、血液が混じっているかなど)」「元気、食欲があるか?」「嘔吐がないか?」「下痢をする前に食べたものはなにか?」「お尻から白い虫が出たことはなにか?」「急な環境変化(引越し、工事など)はなかったか?」などです。

元気、食欲の低下、発熱、腹痛、嘔吐などの全身症状のうち、いずれかを伴う場合や便に多量の血液が混じる場合は深刻な病気の疑いもありますので、早めに診察を受けましょう。

元気も食欲もある場合はそれほど深刻な病気はありませんので、まず便検査のみでもかまいません。なるべく新鮮な便を取ってきてください。寄生虫などが見つかった場合は薬を飲めばたいい治りますし、異常がなければ数日間消化の良い食餌を与えただけで良くなる場合があります。



最後に、食餌について少し述べておきます。下痢のときにはやはり消化の良いものが一番です。

おかゆやお湯でふやかしたフードなどを与えるのが良いでしょう。獣医師が下痢の原因を判断し、それに適した処方食を与えることもあります。ただし、食後すぐに下痢する時や、嘔吐している時は1日では何も水も与えないでください。翌日まで下痢、嘔吐をともなわなければ、ごく少量の水から与え、変わ

りなければ30分から1時間おきに少しずつ量を増やし、上記のごはんを少量ずつ与えてください。先ほども述べましたが、少量の水を飲んだ後やはり下痢や嘔吐があれば、早めに獣医師の診察を受けましょう。

Diarrhoea by Midori Tokunaga, Higashida Veterinary Clinic

Diarrhoea is very watery feces, and it can occur when there are problems in either the small or the large intestine. Causes include intestinal disease, infection and many more. Because diarrhoea is a symptom of so many different causes, the veterinarian must first determine what is causing it in order to treat it properly. Consequently, a great deal of information is required in addition to a physical examination and testing of a fecal sample. The vet will ask a lot of questions in order to make a full diagnosis: When did it start? How often does it occur? In what quantity? What colour is it? What smell? How soft or hard? Was there blood in it? Does your pet have appetite? Is he lethargic? Does he also throw up? What did he eat before the diarrhoea occurred? Did you ever notice something small and whitish emerging from his anus? Were there any sudden changes in his environment, for example, did you move or have some construction work done? And so on.

If the diarrhoea is accompanied by either loss of energy, loss of appetite, fever, stomach pain or vomiting, or if the diarrhoea is very bloody, there is a possibility that the cause is something very serious, and your pet should be taken to the vet for diagnosis as soon as possible.

If there is no loss of energy or appetite, on the other hand, it is probably nothing serious and the testing of a fecal sample will probably be enough as a first step. When bringing in a sample, try to get the freshest sample you can. If a parasite is found, it can be gotten rid of with medicine. If nothing is detected through testing, the diarrhea will usually go away after a few days of eating easily digestible food.

Easily digestible food is the most preferable thing to give when your pet is suffering from diarrhea. This might be rice cooked with plenty of water to make a thin gruel, or pet food that has first been soaked in hot water. Sometimes, a veterinarian may prescribe a certain type of food depending on what they have determined as being the cause of the diarrhea. However, if your pet has a diarrhea attack or vomits directly after eating, do not give him any food or water for 24 hours. If there has been no further diarrhea or vomiting during that time, start by giving him a small amount of water. If there is still no diarrhea or vomiting, you can start increasing the amount of water you give him little by little, every 30 minutes to an hour, and start giving him small amounts of easily digestible or prescribed food as well. If, however, the diarrhea or vomiting persists after your pet has drunk a little water, you should take him to the vet for a full examination.