

Shopping List: Gastrointestinal Care

From nervous tummies before a big test to the challenges of chronic digestive conditions, every school day can bring its own set of gastrointestinal surprises. This gastrointestinal care shopping list is curated to help you stock your health office with everything needed to support healthy digestion, comfort, and confidence in every student.



GENERAL DIGESTIVE HEALTH

- Stethoscope _____
- OTC upset stomach, nausea, diarrhea relief (per school policy) _____
- Heat packs/heating pad _____



GASTROSTOMY TUBE SITE CARE

- Scissors _____
- Tape _____
- Washcloth _____
- Towel _____
- Gauze _____
- Skin barrier _____



VOMITING & DIARRHEA MANAGEMENT

- Emesis basins _____
- Disposable emesis bags _____
- Absorbent pads or underpads _____
- Disposable underwear _____
- Alcohol pads (can relieve nausea!) _____
- Cleaning and disinfecting supplies _____
- Air freshener _____



PERSONAL PROTECTIVE EQUIPMENT (PPE)

- Disposable gloves _____
- Face masks _____
- Gowns and aprons (for spills or procedures) _____
- Eye protection _____



EMERGENCY GI CARE

- Choking rescue devices _____
- Choking training devices _____
- Choking awareness _____



GI EDUCATION

- Digestive system _____
- Celiac Disease _____
- Hydration _____
- GI assessment _____