

DIARRHEA/VOMITING

Most vomiting and diarrhea is caused by viral infections. This is a common illness and rarely dangerous. If vomiting doesn't stop within 12-24 hours, please call your doctor during office hours. Diarrhea is a watery stool that occurs more than four times per day and can last for several days.

Treatment:

Vomiting

Rest the stomach for 1 hour by giving nothing. Then, give 1-2 tsp of room temperature clear liquids such as water, Pedialyte, or juice every 5-10 minutes for one hour. If breastfeeding, continue but for shorter intervals more frequently.

If the liquids are kept down, increase the liquids by small amounts 2-3 tsp. until child is retaining 2-4 ounces at a time. But, if vomiting occurs, you must restart the process. **PEDIALYTE SHOULD NOT BE CONTINUED FOR MORE THAN 24 HOURS.**

Gradually (over 2 days) return to regular diet. Start with small amounts of low-fat bland diet (ie. dry toast or crackers).

Monitor for signs and symptoms of dehydration, which include: dry mouth, no tears, and decreased urine output (less than 4 wet diapers in 24 hours). Older children should urinate at least every 8 hours.

Diarrhea

If vomiting is also occurring, follow the above instructions.

If there is no vomiting, adequate fluid intake is essential to prevent dehydration. It is important to provide more fluid than the child loses through diarrhea. Signs of adequate hydration include a normal or near-normal number of wet diapers, a moist mouth, and an alert child who is reasonably active.

If breastfeeding: Continue to breastfeed at more frequent intervals. Supplement with Pedialyte by bottle or dropper if urine output decreases. Call office immediately if diaper remains dry for a period greater than 8 hours.

If formula feeding: Increase the amount of formula or supplement with Pedialyte to make up for additional fluid losses.

Info continued on next page.....

DIARRHEA/VOMITING

DIARRHEA / VOMITING

(continued)

Provide a regular diet with a few simple changes. Avoid most juices as they can loosen stools – white grape juice can be helpful and is least likely to aggravate diarrhea. If diarrhea is prolonged, avoid milk products which may be difficult to digest. Encourage starchy foods as they are absorbed the best (ie. cereals, rice, bread, crackers, noodles, potatoes, applesauce, bananas).

Monitor for signs and symptoms of dehydration, which include: dry mouth, no tears, and decreased urine output (less than 4 wet diapers in a 24 hour period).

Despite the above steps, diarrhea may last days after the illness seems over. If the child seems well, there is nothing to worry about.

Call immediately if your child:

- Is an infant less than 2 months old and vomits very forcefully (“projectile vomiting”).
- Becomes very sleepy and is difficult to arouse (at a time they would normally be awake) or has rapid, fast breathing.
- Does not have a wet diaper over an 8 hour stretch.
- Is having frequent, very forceful vomiting or severe abdominal pain for more than 2 hours that is not responsive to warm compresses or warm baths, especially if located in the lower right portion of the belly.◦ There is a possibility he/she may have ingested a poison or plant (call Poison Control at **1-800-222-1222**) if concerned. Try to save vomited material and containers.

Call during office hours if:

- Your child is less than 6 months old.
- Vomiting persists more than 24 hours in a child 6-24 months, or more than 48 hours in a child over age 2.
- Symptoms are mild but have persisted for more than 7 days evidence of dehydration is present (decreased wet diapers, dry mouth, lack of tears when crying).
- Blood or pus in the vomit/stool.

DIARRHEA/VOMITING – cont’d