

VOMITING & DIARRHEA INSTRUCTIONS



Vomiting and diarrhea are usually signs of an illness called **gastroenteritis**. Occasionally this is caused by bacteria, but typically this infection is caused by a virus. Therefore, antibiotics are usually not prescribed. Since one can lose a serious amount of fluid through the vomiting and/or diarrhea, your child must be watched closely for dehydration. The easiest thing to monitor is the urine output. You should contact the office if there is no urine production for more than 6 hours in a child less than a year of age, more than 8 hours in a 1-3 year old, or more than 12 hours in the older child. Other signs of dehydration include dry sticky mouth, decreased tears, and weight loss.

TREATMENT OF VOMITING:

Rest the stomach. Almost anything eaten immediately after a vomiting spell will come right back up. Liquids such as Pedialyte, Ricelyte, and Gatorade contain salts and other chemicals that need to be replaced. We prefer that about half of what your child drinks be one of these fluids. The other half can be whatever he/she prefers (**NO MILK!**).

INFANTS: Rest the stomach 1 hour, then start liquids such as Pedialyte by giving 1/2 ounce and then stopping. Wait 10 minutes no matter how much your baby cries for more. If no vomiting occurs in this time, increase to 1 ounce and stop again for 10 minutes. Repeat this process, of waiting and gradually increasing the amounts, until your child is taking Pedialyte well. Then you can resume formula.

CHILDREN & ADULTS: Rest the stomach 1-2 hours and then start liquids as described above. Start with one swallow every 15 minutes and advance as tolerated. Once liquids are tolerated well, then you can move on to bland foods such as crackers or toast, and then on to the other foods.

TREATMENT OF DIARRHEA:

Small and frequent drinks are the key! In addition, avoid milk products, fruit juices, and fried/fatty foods. We are only trying to slow the diarrhea down, it is not possible to fully stop diarrhea in the midst of an infection. It may take as long as 3 weeks for child's bowel system to fully return to normal.

INFANTS: Start with Pedialyte for 2 feedings and then proceed to a soy formula (Isomil, Prosobee) for 3 days. You then can resume your normal formula if all is going well.

CHILDREN & ADULTS: Start with clear liquids such as those listed under treatment of vomiting. Then follow the **BRATTY** diet listed below for 1-2 days, and then advance towards a normal diet.

- B- bananas
- R- rice
- A- applesauce or apples that are peeled, chopped, and turned brown
- T- toast
- T- tea or any of the clear liquids listed above
- Y- yellow vegetables

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