

VOMITING

Vomiting is often caused by a virus. The virus may also include watery bowel movements (diarrhea). Most of the time, vomiting stops in 6 to 12 hours. The diarrhea may continue for several more days.

How can I take care of my child?

1. **Give clear electrolyte fluids:** Give 1 teaspoon to 1 tablespoon of clear fluid every 5 minutes. If your child vomits wait 30 minutes and begin again. After child keeps it down for an hour or two, double the amount every 30-60 minutes..
 - **For babies under 1 year old.** Give your baby an electrolyte fluid like Pedialyte. Electrolyte fluids help give your baby important minerals that can be lost when vomiting.
 - **For breast-fed babies.** If you are breast-feeding and your baby has vomited more than once, continue breast-feeding. You may need to nurse more frequent smaller feeds (try one side at a time for example, or for shorter periods more frequently). Try to wait about 30 minutes after child vomits before nursing again.
 - **For toddlers over 1 year old.** Use Pedialyte, Gatorade or frozen pedialyte/ Popsicle chips.
 - **For children over 2 years old.** Give your child Gatorade or any sports electrolyte fluid or popsicles.
2. **Offer bland foods 8 hours after your child stops vomiting.**
 - Babies –offer ½ strength formula before going to full strength. Over 4 months can have applesauce, strained bananas, and rice cereal.
 - Older children can have saltine crackers, bland soups, mashed potatoes, white bread, white rice or pasta.
 - Offer bland/starchy foods for 24 hours.
3. **Do not give medicine your child doesn't need.** Do not give any medicine unless instructed by the doctor.

Call the doctor's office if:

- Your child (does not urinate at least every 6 hours, has a very dry mouth, has no tears when he cries).
- Your child seems confused and is hard to wake up.
- Your child is under 2 years and throws up for more than 6 hours.
- Your child is over 2 years and throws up for more than 12 hours.
- Your child vomits up blood.
- Your child looks or acts very sick.

When children are getting very dehydrated, the vomiting may be stopped by the use of a medication, Ondansetron (Zofran). Your child needs to be seen to determine if they are severe enough for IV fluids, or can be managed with medication and oral fluids.