

Vomiting and Diarrhea

There is nothing worse than having a child that is vomiting and seems to not be keeping anything down.

Try not to panic. Many viral gastrointestinal illnesses begin with vomiting and then the vomiting eases up and the child may have diarrhea. Your child most likely will not be hungry. Don't worry. It is expected that during this illness he or she will lose a little bit of weight. They will make up for it later. The most important thing during this time is fluids.

Some examples of fluids to try are: pedialyte, gatorade, popsicles, soda pop, jello, soup, slushies

The most important thing to remember is that your child will be very thirsty because they are losing a lot of extra fluid from vomiting and diarrhea. When you offer fluid in a cup or bottle, they will want to drink a whole bunch of it at once. This can stretch their irritated stomach too quickly, and most likely they will end up vomiting the majority of that up. Go SMALL and FREQUENT! Small amounts will be tolerated better. As they do well with small amounts offered by a medicine syringe or straw, you can slowly increase the amount.

REMEMBER to wait 10-15 minutes after a child has vomited before putting anything into their stomachs, because it needs some time to calm down.

If your child has a hard time taking even fluids because their stomach hurts, you can try small amounts of tums or liquid antacids. Look at our Over the counter medication doses on our website for more info. This can be given up to 3 times a day.

If your child is older than 1 year and they are producing urine at least once every 6-8 hours, then most like you are keeping up with hydration. If he or she has signs of lethargy (not waking up to drink), sunken eyes, dry sticky mouth, racing heart beat, or moaning or fast breathing, you should call the doctor right away.

Diarrhea can last up to 7-10 days sometimes. If it lasts longer than that, your child should be evaluated.