

## Home Care Advice for Vomiting and Diarrhea

For Bottle-fed infants: If they have vomited only once, you can continue on their formula. If they continue to vomit, wait for about 1-2 hours after they stop vomiting which gives their tummy time to settle. Start by spoon or syringe feeding small amounts of an oral rehydration solution such as Pedialyte®: 1-2 teaspoons (5-10 ml) every 5 minutes. After 4 hours without vomiting, double the amount. After about 8 hours without vomiting, return to feeding regular formula. For infants over 6 months old, return to baby foods and to a normal diet in 24 hours.

For Breast-fed infants: If your child vomits once, nurse 1 side every 1-2 hours. If she vomits more than once, nurse for 5 minutes every 30-60 minutes. After 4 hours without vomiting, return to regular breastfeeding. If your child continues to vomit, switch to an oral rehydration solution such as Pedialyte® for 4 hours using the protocol for bottle-fed infants. After 4 hours without vomiting, return to regular breastfeeding starting with small feedings frequently every 3-5 minutes and increase as tolerated.

For older children over the age of 1 year: After vomiting, give their stomach a rest for about 1 hour. Offer small amounts (2-3teaspoons/10-15 ml) of clear fluids every 5 minutes. After 4 hours without vomiting, increase the amounts, IF there is vomiting with watery diarrhea. We recommend that you give Pedialyte or ½ strength oral electrolyte solution, such as Gatorade® or G2®.

After 8 hours without vomiting add solid foods. Limit these solids to simple foods that are not heavy and laden with calories and fats.

Discontinue all nonessential medicines for 8 hours because these usually make the vomiting worse. Fevers usually don't need any medicine. If your child is uncomfortable with a high fever, consider acetaminophen suppositories. We don't recommend oral ibuprofen as it irritates the stomach. Please call us if your child is vomiting any essential medicine.

Sleep: Help your child sleep for a few hours. Sleep often empties the stomach and relieves the need to vomit. Your child does not have to drink anything if he feels very nauseated. If your child is also having watery diarrhea, awaken after 3 hours to take Pedialyte®.

For Severe or Continuous Vomiting, but well hydrated: Sometimes children vomit almost everything for 3-4 hours, even if given small amounts. Despite this, some fluid is still being absorbed and this will prevent dehydration. Continue offering clear fluids as tolerated. Call us if this persists, as we will probably like to evaluate your child before prescribing an anti-nausea medicine

Contagiousness: Your child can return to daycare or school, 24 hours AFTER the vomiting and fever is totally gone. If your child vomits during the night or in the early hours of the morning, do not send them to school or daycare.

CALL BACK IF: Vomiting becomes severe for over 8 hours  
Vomiting persists for over 24 hours  
Signs of dehydration or diarrhea becomes severe  
Your child becomes worse and you are worried about them

## Home Care Advice for Diarrhea

Diarrhea is usually caused by a viral infection and is the body's way of getting rid of the germs. The following are some tips on how to keep ahead of the fluid losses. First you must treat any vomiting per our protocol.

### Mild Diarrhea treatment for **under the age of 1 year:**

Continue regular diet. Offer extra formula or breast milk. Continue solids if your baby is able to eat them. Do not restrict their diet, as they need the nutrients to resolve the diarrhea. Avoid all fruit juices.

### Mild Diarrhea treatment for **over the age of 1 year:**

Continue the regular diet, as their gut needs the nutrients and fats in foods to resolve the diarrhea. Drink more fluids except for fruit juices, high sugar drinks and soda

### Frequent Watery Diarrhea in **Breastfed Infants**

Continue breastfeeding at more frequent intervals. Continue solids if they are taking the Offer 2-4 oz of Pedialyte ® or other oral rehydration fluid after large watery stools in addition to breastfeeding.

### Frequent Watery Diarrhea in **Formula Fed infants:**

Start Pedialyte ® or other oral rehydration fluid for frequent watery diarrhea and continue for 4-6 hours to prevent dehydration. Avoid Jell-O water and sport drinks such as Gatorade ®. Avoid fruit juice. Return to formula by 6 hours at the latest and prepare it in the usual way. Offer the formula more frequently than you normally do. Avoid dairy and cow's milk formula if the watery diarrhea lasts longer than 6 days.

If your child is usually taking solid foods, continue them and return to a normal diet within 24 hour

### Frequent watery Diarrhea in Older Children.

**DO NOT FEED THE BRAT DIET!**

Offer unlimited fluids, avoiding fruit juices and sodas. Pedialyte® is rarely necessary except for severe dehydration. Starchy foods are absorbed best but feed a regular diet to hasten resolution of the diarrheas. Return to a normal diet in 24 hours.

### **Probiotics:**

These contain healthy bacteria that help heal the GI tract. Yogurt is the easiest source of probiotics but make sure the sugar content is not more than 12 grams per serving. Give 2-6 oz of yogurt 2 times a day or sprinkle 1 capsule of Lacto bacillus into food 2 times a day for 2-5 days.

### **Contagiousness:**

Your child can return to daycare or school when the diarrhea is mild or the stools are contained in the diaper or your child had good control over the loose stools if they are potty trained.

### **Expected Course:**

Viral diarrhea usually lasts 5-14 days. Call us if there are signs of dehydration, blood in the stool, the diarrhea persists for over 2 weeks or your child has become worse.