



Instructions for Vomiting and/or Diarrhea

Vomiting and/or diarrhea commonly occurs in children when they have infections of the stomach and intestines. Most of these infections are caused by viruses. Our goal is to make sure your child does not become dehydrated, which can be more serious than simple vomiting and diarrhea. The diarrhea may not be completely better for 4-7 days.

Infants 2 to 6 Months

1. Feed your baby an electrolyte solution (Pedialyte or Ricelyte) for 12 hours. If your child is vomiting, give small amounts frequently, for example, 1 ounce every hour.
2. DO NOT GIVE PLAIN WATER.
3. Do not give undiluted fruit juices, because they can make the diarrhea worse.
4. Restart feeding with formula or breast milk within 12 to 24 hours. If breast feeding, continue to nurse.
5. Change the diaper frequently and use a diaper ointment to prevent diaper rash.
6. Call your regular doctor or return to the emergency department if the vomiting and diarrhea are severe and continue.
7. Do not keep your child on Pedialyte or Ricelyte alone for more than 24 hours.

Infants 6 Months to 1 Year

1. If vomiting is frequent, do not give the child anything to eat or drink for two hours.
2. Feed your baby an electrolyte solution (Pedialyte or Ricelyte) for 12 hours.

If your child is vomiting, give small amounts frequently, for example, 2 ounces every hour.

3. DO NOT GIVE PLAIN WATER.
4. Restart regular feedings within 12 to 24 hours. Food such as bananas, rice, apple sauce may help solidify the bowel movements.
5. If the vomiting and/or diarrhea are severe or your child looks sick, call your regular doctor or return to the emergency department.

Children Over 1 Year

1. For vomiting, do not give your child anything to eat or drink for two hours.
2. Encourage your child to take small amounts of clear liquids (flat soda, kool-aid, undiluted fruit juices).
3. Encourage the child to eat small amounts of rice cereal, apple sauce, toast, crackers, potatoes for 24 hours.
4. Slowly resume a regular diet.

Call your doctor if:

1. Your child looks ill.
2. Vomiting and diarrhea are severe and continue.
3. Your child looks dehydrated—decreased tears, dry mouth, no urine for more than 8 hours.
4. Blood is seen in the vomit or diarrhea.
5. Your child has severe stomachache.