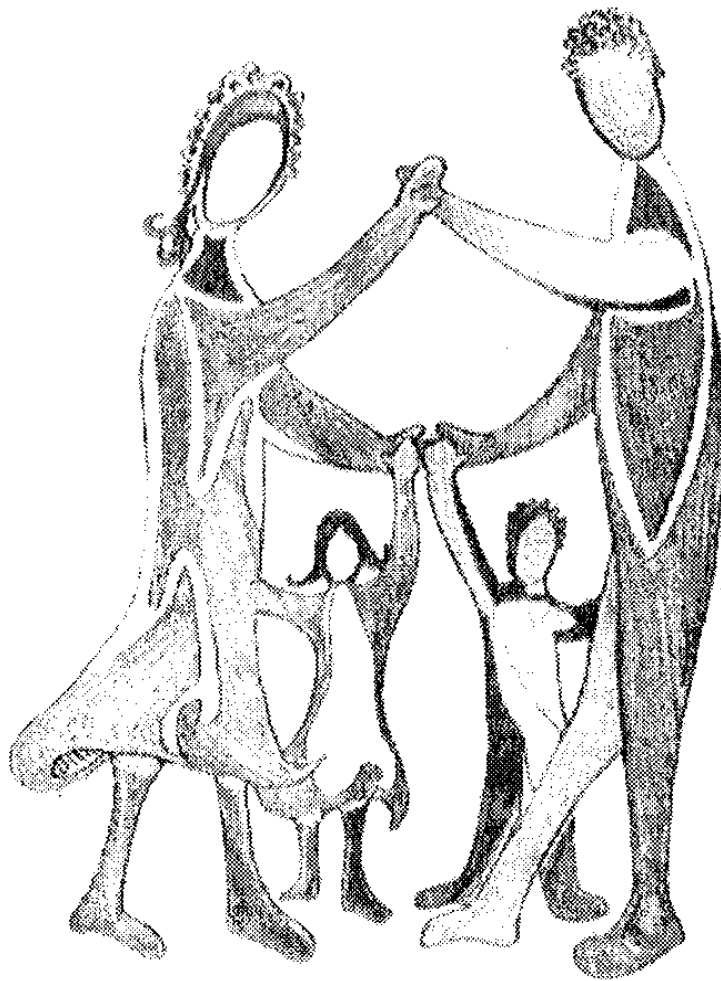


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Children and Teens Clinic
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How to Treat your Child's Vomiting and Diarrhea at Home



WHAT CAUSES VOMITING AND DIARRHEA?

Vomiting and diarrhea in children is usually passed to others by direct contact with stool or by food contaminated with stool. This type of illness almost always gets better without medicine. Parents just need to make sure that children are not becoming dehydrated.

Vomiting and diarrhea in the United States is usually much milder and less dangerous than it is in countries where food and water may not be as clean. In other countries, illnesses like Cholera are common and can be very dangerous. Cholera is very rare in the United States.

Even more rarely, vomiting and diarrhea can be due to some kind of blockage in the intestines, like appendicitis. Children with this type of illness have pain in the abdomen that continues or worsens, and their vomit usually turns green. Children with this type of illness get worse with time instead of getting better. If this is the case, call your doctor immediately.

HOME TREATMENT -- VOMITING

FOR INFANTS 6 MONTHS TO 2 YEARS

- If your baby is breast-fed, continue breast-feeding. If the child is feeding poorly, or seems dehydrated, you can supplement feedings with Oral Rehydration Solution (from pharmacy, home-made (recipe below), or store-bought) such as Pedialyte® for about 12 hours. Then return to full strength formula.
- Do not withhold fluids. Even if your baby continues vomiting, keep trying. Some fluid is making it in to your baby. Try the following:
 - 1 tablespoon (big spoon) every 15 minutes for an hour. Then 2 tablespoons every 15 minutes for an hour. If there has been no vomiting during this time, you can try giving larger amounts.
- Do not use sports drinks, soda, or fruit juices for young children. These drinks have too much sugar and not enough salt!

FOR ALL CHILDREN

- For all children, wait 15 to 30 minutes after vomiting before trying the next feeding. When giving Oral Rehydration Solution, give small amounts frequently. If you let them drink a large amount at one time, they will probably vomit.
- Do not give your child plain water to drink. Children who are vomiting need sugars and salts as well as water.
- Once your child has stopped vomiting for at least a few hours, you can reintroduce other liquids and solid foods.
- Do not use Oral Rehydration Solution as the only fluid for more than 24 hours; add solids and other liquids.

HOME TREATMENT – DIARRHEA

- If your child is also vomiting, then follow the instructions on the previous page.
- If your child has only diarrhea, do not withhold solid food, formula or breastmilk. Certain foods help make stools firmer. These foods are often called the BRAT diet: **B**ananas, **R**ice, **A**pplesauce and **T**oast. Other foods may make diarrhea worse: these include raw fruits and vegetables, beans and some spices.
- If your child is having frequent stools, you will need to increase the amount of fluid your child is drinking.
 - For children less than 2 years, this can be done giving Oral Rehydration Solution or by diluting formula with water or Oral Rehydration Solution
 - For children older than 2 years, additional fluid can be oral rehydration solution, soda pop without the bubbles (stir it before giving to your child to make the bubbles disappear), or sports drinks such as Gatorade®
 - For children in diapers, try protecting the skin with an ointment like **Vitamin A&D** ointment.

ORAL REHYDRATION SOLUTION

Oral rehydration solution can be purchased from any pharmacy or supermarket (common brands are Infalyte® and Pedialyte®), or made at home.

ORAL REHYDRATION SOLUTION

1 quart (32 ounces) or 1 liter clean water

1/2 teaspoon (small spoon) salt

2 tablespoons (big spoon) sugar

Mix well. DO NOT HEAT OR BOIL

Many children will drink this solution without flavorings. If your child is refusing rehydration solution, you can try adding a pinch of NutraSweet®, or sugar-free drink mix (any brand), or sugar-free Jello® mix. Just make sure that the drink mix is sugar-free.

WHEN TO CALL YOUR DOCTOR:

- Your child has had no urine in 8 hours, or less than 3 in 24 hours.
- Your child has dry mouth and lips, or does not have tears with crying.
- Your child is difficult to wake up.
- Your child is consistently refusing to drink liquids.
- Your child develops a fever greater than 102°F (38.9° C) with vomiting and diarrhea.
- Your child has been vomiting for more than 24 hours, or has vomited more than 3 times in the past 8 hours.
- Your child's vomit turns green, bloody, or contains what look like coffee grounds.
- There is any chance that your child accidentally ate or swallowed anything poisonous, including medicines.
- Your child has had a recent injury to the head or abdomen.
- Your child is less than 2 years old and has had diarrhea for more than 24 hours.
- Your child is older than 2 years old and has had diarrhea for more than 48 hours.
- Your child has had more than 6 stools in 8 hours.
- Your child has any blood or mucus in the stool.
- Your child has constant abdominal pain for more than 2 hours.
- Your child is on antibiotics.
- Your child seems to be getting sicker, or you are worried.