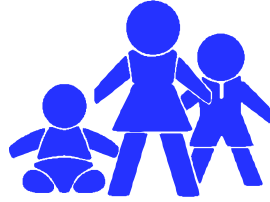


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### Vomiting and Diarrhea

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With severe or recurrent vomiting, there is a loss of body fluids. Adding more fluids to the stomach initially may make the problem worse. Rest the stomach for 30-60 minutes, offering a lollipop to suck on during this time period. This will prevent blood sugar from dropping too low, which can cause pallor, cold and clammy skin, a jittery child, or lethargy. Small sips can consist of ½ to 1 ounce at a time, given as often as every 20 to 30 minutes. Clear fluids that may be utilized include Pedialyte, flat 7-up, flat Ginger Ale, Gatorade, or Powerade. Do not use Kool-Aid or fruit juice. Breast-feeding may be continued at more frequent intervals for shorter periods of time per feeding. Continue with clear fluids until the child has been free of vomiting for 12 hours and then gradually start small amounts of solids.

The idea is to give small amounts of liquids and solids at more frequent intervals to prevent recurrent vomiting. Most vomiting associated with illness generally lasts 24 to 48 hours. If vomiting lasts longer than this, it is recommended that an appointment be scheduled. When your child gets diarrhea, the following “diarrhea diet” may be utilized:

- stop all milk and formula for 24 to 48 hours
- offer clear liquids as stated above
- no fruit juices until the stools are normal
- decrease daily intake of fruits until the stools are normal
- toast, dry cereal, crackers, vegetables, lean meats, and soups may be given

These are usually less likely to cause diarrhea if given in smaller amounts, more frequently than normal. If diarrhea persists longer than 5 days with no improvement, if there is associated fever for longer than 3 days, or if there is blood in the stools, an appointment should be scheduled. For infants, full strength formula may be started on day 3 or 4. Breast-feeding may be continued during diarrhea illness, with more frequent feedings for shorter periods of time per feeding.