



Frederick A. Lauppe Jr., M.D.
Sandra A. Hollenberg, M.D.
Pramila Agrawal, M.D.
Carrie Knoll, M.D.
James Warren, M.D.

Appointments (909) 629-5067 • Bookkeeping (909) 620-1935 • Fax (909) 865-7688

Diarrhea and Vomiting in Children

These illnesses (usually caused by viruses) are common and last about 2 to 5 days. Most children can be managed at home without the use of medications by simply changing their diet.

VOMITING WITH OR WITHOUT DIARRHEA

- Do not feed your child for 1 hour after vomiting.
- Follow this with small, frequent feedings (1/2 to 1 ounces, every 15 to 20 minutes) of one of the following clear liquid solutions: Pedialyte, Infalyte, Rehydralyte.
- Drinking nothing but water can be harmful, although children may drink small amounts of water in addition to the rehydration solution.
- Avoid fluids that contain a lot of sugar; such as soft drinks, undiluted juices, or fruit punch. These drinks can make diarrhea worse. Sport drinks, for example, Gatorade, may be given to older children.

DIARRHEA ONLY

- Give one of the clear liquid solutions as mentioned above as soon as the diarrhea begins. Give the child as much as he or she will take in frequent small sips, remember he or she may not want to eat solid food.

AFTER THE VOMITING HAS STOPPED

- Vomiting generally lasts 12-24 hours.
- Slowly begin to advance your child's diet by offering jello, broth, or soda crackers. Once the child is tolerating this, you may advance to a soft, starchy bland diet. This could include bananas, rice, applesauce, toast, potatoes, or pasta/noodles. Advance to a regular diet as tolerated. Do not add butter or other fats until after the child is tolerating a regular diet.

REMEMBER:

- Loose bowel movements generally continue for 3 to 5 days, but may last for a few weeks before returning to normal.
- If your child is being breast-fed, continue to breast-feed. If your child is taking a milk-based formula, continue with the same formula. However, some children become milk intolerant and benefit from the use of soy or lactose-free formula until well. Then resume your regular formula.
- Most children with diarrhea get better without special medicines. The most important treatment for any child with diarrhea is appropriate use of fluids and change of diet.

CONTACT THE DOCTOR IF YOUR CHILD:

- Has a dry mouth
- Frequent vomiting over 24 hr
- Refuses to drink
- Has bloody stool
- Urinates less often than once every 8 hours
- Has stomach pain that won't go away
- Seems unusually sleepy
- Doesn't appear to be improving within 5 days