



Vomiting

Causes:

Most intestinal infections in children are caused by viruses ("stomach flu"). The illness starts with vomiting, but diarrhea usually follows. If vomiting persists without diarrhea for more than 24 hours, then more serious causes must be considered.

Treatment: Please do not use medicines which suppress vomiting (like Phenergan) before a physician checks child. Phenergan can mask symptoms and warning signs of a more serious medical problem like meningitis or appendicitis.

A] In first 8 hours: When your child is vomiting it is best to give small (half ounce, tablespoon, 15 ml) amounts of clear liquids frequently. **Giving large amount of liquids at the same time is the most common mistake most parents make.** Pedialyte, Gatorade, popsicles, sprite are good choices. Do not give diet drinks, plain water or caffeine drinks. 1) Begin by offering only half an ounce every 15 minutes. 2) If your child can keep down half an ounce, three times, offer an ounce every 15 minutes. 3) If your child is above two years of age and he has kept down 3 one ounce servings, go to two ounces every half hour. 4) In first 6 -8 hours do not go more than 2 oz at a time.

B] After 8 hours: Gradually increase the amount of fluid as they are tolerated. You can also try small amounts of age appropriate food like crackers, banana, toast, cereals. But in first 24 hours don't worry too much about solid foods. Your child may not have much appetite for solid foods. Once your child is better his appetite will improve.

When your child has both diarrhea and vomiting at the same time, your child should be checked at the office if you are worried about the way your child is acting.

Diarrhea

Causes: Acute diarrhea in children is almost always caused by a stomach virus ("stomach flu"). It generally accompanies or follows vomiting phase. This kind of diarrhea can last for 3-10 days. Very rarely, bacterial or parasitic infections will cause acute diarrhea.

Treatment: During the vomiting phase, use the above guidelines. If the child also has diarrhea, Pedialyte is the best choice for rehydration. Once vomiting has stopped, you could give plenty of fluids as well as regular solid food without restricting amount. It is preferable to avoid milk, cow's milk based formula, dairy products or juice for 5 to 7 days. Soybean based formula (Prosobee / Isomil) are okay. Breast milk may be continued while the child has diarrhea.

Medications: Diarrhea is the body's way to get rid of germs in the stomach. Hence using medicine to stop diarrhea is not beneficial. The best course of action is to let it run its course. We do not recommend any medicine for viral diarrhea. Don't use Pepto-Bismol as it contains ingredients similar to aspirin which are not safe for children.

When to call us:

- Your child looks or acts very sick, lethargic, irritable or confused.
- Severe Headache with or without stiff neck or bulging soft spot.

- Blood or Bile (yellow or green fluid) in the vomit or blood in the stool.
- Severe or worsening abdominal pain with or without high fever.
- Unable to keep down any of the suggested fluids above. Decreased urine output, very dry mouth.
- Age less than 2 months.

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