

VOMITING

By Dr. Karen Prentice

Causes

Most vomiting is caused by a viral infection of the stomach or intestines (stomach flu or acute gastroenteritis). Usually with viral stomach flu your child will also have diarrhea. Vomiting will usually stop in 6 to 24 hours if due to stomach flu. Sometimes your child can vomit on and off for 4-5 days with stomach flu.

Treatment

1. **Offer small amounts of an oral electrolytes solution**, preferably Pedialyte or Infalyte for infants under 1 year and Pedialyte or Gatorade for those over a year. Start with very small amounts frequently and slowly increase that amount (such as one half an ounce every 20 to 30 minutes to increase to 1 ounce every 30 minutes). If your child cannot tolerate one half ounce do a teaspoonful every 10 to 15 minutes. Hopefully after 6 to 8 hours your child can tolerate larger amounts of fluids and if they are still on formula or breastfeeding, try to resume this. Do not keep your baby on Pedialyte only for more than 12 to 24 hours without consulting your doctor.
2. **After 8 hours without vomiting start a bland diet slowly.** Try foods like crackers, dry cereal, toast, and pasta. Avoid spicy or rich foods and cow's milk. Infants can try foods like rice cereal, applesauce and bananas and resume their breast milk or formula. Continue a bland diet for the next day or two.

Call 911 immediately your child becomes listless or unresponsive.

Call our office immediately or go to the emergency room if:

- Your child has green or yellow vomit or blood in the vomit.
- Your child shows signs of dehydration, such as no urine in more than 8 hours, no tears when crying, and a very dry mouth
- Your child starts acting very sick
- Your child has severe abdominal pain

Call our office during office hours if:

- Your child is less than 2 years old and has vomited longer than 24 hours or if your child is over 2 and has vomited for 48 hours
- You have other questions or concerns