

## VOMITING

1. **Definition:** Most vomiting is caused by a viral infection of the stomach or eating something, which disagrees with the child. Each bout of vomiting is usually preceded by nausea or abdominal discomfort. Vomiting usually stops in 12-24 hours. Regurgitation or spitting up one or two mouthfuls is found in normal babies and goes away by itself between six and nine months of age. Vomiting is the forceful ejection of the stomach contents.
2. After an episode of vomiting try to withhold liquids/solids for 1-2 hours to allow the stomach to settle.
3. Following the first few hours, give your child 1-2 teaspoons (depending on age) of room temperature, clear liquids such as Pedialyte or commercial rehydration solution, Jell-O water, decarbonated sodas, G2 Gatorade, or watered-down juices every 10 minutes. For breast fed infants, continue to breast-feed but for shorter times. Bottle fed infants should be given Pedialyte or diluted formula. Oral rehydration solutions are the best liquid at any age.
4. After the first few hours, give increased volumes of clear fluid until 8 hours have passed without vomiting. If the child vomits using this treatment, wait 30-60 minutes, and then start over. Keep a vomiting pan handy. No need to have him/her throw up on the carpet.
5. After 8 hours with no vomiting, the child can gradually return to a normal diet. For babies, start with foods like applesauce, strained bananas, and rice cereal. For older children, start with foods like toast, rice, applesauce, bananas, and bland soups. It may take two days to fully return to a normal diet. When milk, dairy products, and fatty foods are reintroduced, go slowly, as this may upset the stomach.
6. **Mistakes:** A common error is to give too much fluid too quickly. This almost always leads to continued vomiting. The key is to give small amounts of fluid at frequent intervals. With this method, even if your child continues to vomit, enough fluid is absorbed to hopefully prevent dehydration. In addition, discontinue all nonessential medicines. Some medicines irritate the stomach and make vomiting worse. Consider acetaminophen suppositories for high fever. Acetaminophen suppositories are available without a prescription at your drug store. Low fevers do not need to be treated.
7. **Remember the signs of dehydration:**
  - a. Dry mouth and tongue.
  - b. No tears.
  - c. Decrease in urine output (less than two wet diapers or urination's a day).
8. **Call our office during regular hours if:**
  - a. Your child is under 6 months old and has been vomiting more than 12 hours.
  - b. Your child is between 6 months and 2 years old and has been vomiting more than 24 hours.
  - c. Your child is over 2 years old and has been vomiting more than 48 hours.
  - d. It could be caused by a prescription medicine your child is taking.

- e. Any other symptoms that concern you.

**9. Call our office urgently if:**

- a. Your child is under 1 month old and forcefully vomits more than once.
- b. Your child has signs of dehydration (see above).
- c. There is any blood in the vomit.
- d. There is any abdominal pain present for over four hours.
- e. There is any possibility of poisoning with a plant, medicine, or bad food.