

Vomiting

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.

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.
2. **After 8 hours without vomiting start a bland diet slowly.** Try foods like crackers, jello, toast, and pasta. Avoid spicy or rich foods. Infants can try foods like rice cereal, applesauce and bananas. Continue a bland diet for the next day or two.

CALL OUR OFFICE IMMEDIATELY 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

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