TPPC INFORMATION HANDOUT:

**<| VOMITING - GASTRITIS |>**

There are many causes of vomiting. When infants, toddlers and children are ill with a viral gastrointestinal infection, it is not unusual for them to feel nauseated and/or vomit. As such, it may be a normal response. The concern, other than for the child's comfort, lies with dehydration. We have found that small amounts of a clear liquid like Pedialyte given frequently, does not contribute to the nausea and vomiting., thereby preventing dehydration. Usually the nausea and vomiting resolves in a couple of days.

**TREATING MY CHILD'S VOMITING**

If your child vomits more than twice, do not give him/her milk or solids. Follow these directions

1. Do not give him/her anything by mouth for one hour since he last vomited.

2. Begin giving your child small amounts (<1 year = 1-2 tsp, 1-3 years = 3 tsp - 1 oz every 15-30 minutes) of clear liquids

a. Pedialyte

b. Palsicles by PediaPops

c. Jell-O

d. Kool-aid (avoid Red)

e. ½ strength Gator-aide

f. Clear broth

g. Sprite or 7-up, (Since may young children do not like the fizz from carbonated beverages, the fizz may be flattened by adding a teaspoon of sugar to a cup of pop, or by shaking it and allowing it to stand.)

3. The small sips of liquid, not more than one ounce in 30 minutes should be given to your child slowly. If you allow your child to drink more since they are thirsty, your child will continue to vomit.

4. If your child does not vomit, gradually increase the fluids slowly to 2 - 3 ounces every two hours.

5. After 24 hours of not vomiting, you may begin giving your child\*

a. Saltine crackers

b. toast

c. rice cereal

d. yogurt

e. soups

f. mashed potatoes, etc.

\*(if he/she was previously eating these things.)

6. Avoid regular table foods i.e. milk, eggs, orange juice and grapefruit juice until they begin to feel better.

7. Please return to the doctor if vomiting or abdominal pain persists, since it may be a sign of a more serious illness and any significant behavioral changes should be checked.