

Instructions for Vomiting

Vomiting is usually caused by a stomach virus. Antibiotics do not help. Some children will also have diarrhea.

For children under 1 year old:

- o Wait 30 minutes after the child vomits before giving anything to drink
- o Every 5-10 minutes, give a small sip of half to one ounce of
 - Pedialyte
 - Gerber Oral Rehydration Fluid
 - Ricelyte
 - Breast milk
- o If there is no vomiting for 2 hours, go back to formula, if you are formula-feeding, or continue to breastfeed often, if you are breastfeeding

For children over 1 year old:

- o Wait 30 minutes after the child vomits before giving anything to drink
 - o give one teaspoon of Emetrol every 15 minutes for one hour.
 - o Then, every 5-10 minutes, give a small sip of half to one ounce of
 - o Pedialyte
 - o Gerber Oral Rehydration Fluid
 - o Ricelyte
 - o ½ strength Gatorade (with water) and 3 saltines/glass
 - o ¼ strength Kool Ade (with water) and 6 saltines/glass
 - o Pedialyte popsicles
 - o Regular popsicles
- o If there is no vomiting for 6-8 hours, you may give more fluids and gradually return to normal diet.

Call the doctor if:

- o your child vomits more than 4-5 times
- o you see blood or bile (yellow fluid) in the vomit
- o you see signs of dehydration : (few wet diapers, less urinating than usual, no tears when crying, a dry-looking mouth and tongue)