

Pediatric Vomiting

Nausea is the sick feeling in the stomach. Some describe it as the feeling they get before they throw up. Vomiting is "throwing up" food and liquid that is in the stomach. The child may get dehydrated if he is not able to keep things down. Dehydration means "too little water in the body". Vomiting has many causes. It is usually caused by a virus. Viral infections usually clear themselves. If the cause of the child's vomiting is something other than a virus, we treated that cause.

Follow these instructions:

- Wash your hands well with soap and water. Do this after assisting the child when vomiting. This helps prevent the spread of infection.
- Do not give the child ASPIRIN or ASPIRIN PRODUCTS for a fever. Continue to offer extra liquids. Offer them often and in small amounts.

Diet for bottle-fed infants:

- Alternate the Pedialyte with formula. If the child is taking a lactose-containing formula and continues having diarrhea after 7 days, start giving a lactose-free formula. Give this until the diarrhea goes away.
- If the child is vomiting, offer Pedialyte often and in small amounts.

Diet for breast-fed infants:

- Continue to breast feed as usual. This can be done in addition to giving the Pedialyte. If the child is vomiting, offer Pedialyte often and in small amounts.

Diet for children over one year of age:

- Give the child a regular diet in addition to giving the Pedialyte.
- The child may prefer a bland (not spicy or salty) diet at first. Try bread, potatoes, rice, noodles, cooked vegetables, apple sauce or bananas.
- Limit the amount of sugar and sweets for the child.
- Avoid giving soda-pop, candy, Popsicles and sport drinks.

Call your doctor if the child has:

- Fever.
- Diarrhea.
- Dizziness or fainting.
- Vomiting lasting longer than another 24 hours.
- Abdominal (belly) pain.
- Signs of dehydration:
 - Dry mouth and lack of tears with crying
 - Limp body or weakness
 - Skin with out elastic feel

- Eyes that appear sunken
 - Urination less than every 4 hours
 - Excess thirst
- Any new or severe symptoms.