

# Suburban Pediatrics, Inc.

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## Care Instructions for Vomiting

Most vomiting in children is caused by a viral stomach illness called gastroenteritis. Children with a viral stomach illness will frequently also have fever, stomach cramping, and diarrhea. With home treatment vomiting usually stops within 12 hours.

Vomiting can cause your child to lose important fluids and salts. If these are not replaced quickly and correctly your child can become dehydrated and may need to be hospitalized.

### Fluids

**Replacing lost fluids** should begin as soon as vomiting starts.

- Clear fluids such as oral electrolyte solutions (Pedialyte or Infalyte) are the best fluids to give since they contain the correct amounts of sugar and salts.
- Wait 20-30 minutes after your child vomits and then give the clear fluids **in very small amounts** (1-2 teaspoons for infants or 1-2 ounces for older children) **very frequently** (initially every 10-15 minutes.) You may need to use a small spoon or a dropper. Continue this re-hydration process the entire time your child is vomiting. As your child becomes able to retain these fluids then slowly increase the volume.
- If your infant is breastfed, continue to do so.
- If your infant is formula-fed you may restart formula after clear liquids are tolerated.

**Do not continue to give your child only clear liquids for more than 24 hours.**

### Foods

**Foods** can be given once your child can keep down most fluids. Start with bland solid foods such as cooked cereal, rice, bananas, toast without butter, and crackers.

### Dehydration

**Monitor** your child for signs of dehydration.

- Decreased activity level. Is your child up playing and active or lying down?
- If he cries, does he have tears?
- Put your finger on the inside of his mouth and note if the lining of his cheek is moist.
- Keep a written record of how many times your child has vomiting, diarrhea, and urination. Urine is excess fluid and he should be urinating at least twice daily.

Please contact our office if your child shows symptoms of dehydration, if your child has multiple episodes of vomiting for more than 24 hours, or has vomiting with symptoms of other serious illness such as abdominal pain or severe headache.

# Care Instructions for Diarrhea

Diarrhea in children is commonly caused by a viral infection and usually gets better by itself within a week. A child with viral diarrhea commonly has a fever and often starts the illness with some vomiting. Shortly after these symptoms appear the child develops diarrhea.

Most of the time mild diarrhea lasts from 3-6 days. Occasionally a child will have loose stools for several days longer. As long as the child acts well and is taking adequate fluids and food, loose stools are not a great concern.

## Diet

Most children should continue to eat a normal diet including formula or milk while they have mild diarrhea. Breastfeeding should continue. If your infant seems bloated or gassy after drinking cow's milk or formula, you may want to begin using a soy protein-based formula such as Prosobee, Isomil, or Isomil DF (Diarrhea Formula) for a short time.

## Dehydration

When your child has vomiting and/or diarrhea our main concern is the development of dehydration, or the loss of too much fluid. Please check the following:

- Activity level. Is your child up playing and active or lying down?
- If he cries, does he have tears?
- Put your finger on the inside of his mouth and note if the lining of his cheek is moist.
- Keep a written record of how many times your child has vomiting, diarrhea, and urination. Urine is excess fluid and he should be urinating at least twice daily.

## Medication

Most children with mild to moderate diarrhea get better without any special medications. However on occasion you may give Imodium AD in the following doses:

Age and Weight	Dosage
12 years and older	4 teaspoonfuls (1 dosage cup) or 2 caplets after the first loose stool. 2 teaspoonfuls or 1 caplet after each subsequent loose stool but no more than 8 teaspoonfuls or 4 caplets in 24 hours.
9-11 years (60-95 lbs)	2 teaspoonfuls (1/2 dosage cup) or 1 caplet after the first loose stool and 1 teaspoonful or 1/2 caplet after each subsequent loose stool but no more than 6 teaspoonfuls or 3 caplets in 24 hours.
6-8 years (48-59 lbs)	2 teaspoonfuls (1/2 dosage cup) or 1 caplet after the first loose stool and 1 teaspoonful or 1/2 caplet after each subsequent loose stool but no more than 4 teaspoonfuls or 2 caplets in 24 hours.
2-5 years (up to 47 lbs)	1 teaspoonful after first loose stool followed by 1 after each subsequent loose stool. Do not exceed 3 teaspoonfuls a day.