



VOMITING

VOMITING is the forceful ejection of a large portion of the stomach's contents through the mouth. Most vomiting is caused by a viral infection (viral gastritis) or eating something that disagrees with your child. The vomiting usually stops in 6 to 24 hours. (Barton D. Schmitt, MD, 1999)

SUGGESTIONS FOR VOMITING

- Begin with **NOTHING** by mouth for 20 TO 30 minutes after the vomiting episode.
- Begin with only SIPS of clear(see through)liquids (electrolyte solution like Pedialyte or Gatorade, white grape juice, chicken broth, decaf tea).
- If tolerated,then increase to 2oz at a time(wait 20-30 minutes before taking more).
- Advance the diet slowly if the child is tolerating the fluids. Try starchy foods (pasta, rice, cereal without milk, crackers, toast, baked white potato etc.), then try banana, yogurt and applesauce. Begin with frequent, small amounts.
- If the child vomits again, **START OVER.**
- Dairy products, other than yogurt, and fatty or fried foods should be last to add back to diet.

CALL BACK IF...

- Any vomiting associated with head trauma or poison/medication ingestion
- Severe abdominal pain, especially between vomiting
- Fever is present for longer than 3 days
- Any signs of dehydration which include: lethargy, no urination for 12 hours, no tears, dry mouth, dry lips, dry tongue, and sunken eyes
- Blood in vomit or bowel movement
- Increase frequency of vomiting or with diarrhea