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Guidance for Vomiting, Diarrhea, and Rehydration:

Vomiting

- Nothing by mouth until 1-2 hours since last episode.
- Slowly try solutions with simple salt and sugar (not plain water) at room temperature such as :
 - Pedialyte
 - Pedialyte Popsicles
 - Gatorade
 - Flat Ginger Ale
- No Juice or Milk today (unless Breast Feeding); no Juice for 5 days.

Rehydration:

- The 1st hour only 1 teaspoon every 20 minutes.
- The 2nd hour only 1 tablespoon every 20 minutes.
- The 3rd hour only an inch of fluid in a small cup every 20 minutes, then allow the child to drink as they desire and rehydrate.

If Vomiting Recurs:

- Call Physician
- Go to a pediatric Emergency Department - St. Mary's, VCU (MCV), or Chippenham

Tips

- Hand Washing with soap and water (not sanitizer) to decrease spread to family members.

Diarrhea

- Expect it to last 7 to 10 days.
- After the 1st few days, should decrease in frequency with time.
- Once vomiting ends and fluids have been tolerated for 8 hours, feeding a child with diarrhea nourishes their gut, stimulating it to heal.

Foods – Often low fat foods given as small snacks work best.

- Toast
- Saltines
- Graham Crackers
- Rice
- Baked Potato
- Pasta
- Applesauce
- Bananas
- Jello
- Continue to Breastfeed (if applicable)
 - Lactose free formula or lactose free milk may be tolerated better than regular formula or milk.

Call Back if your child:

- Urinates less than 3 times per 24 hours (less than 4 times if younger than 1 year old)
- Has dry mucous membranes (no saliva/spit in the mouth).
- Has excessive sleepiness.
- Is not interested in drinking, or refusing to drink.

Tips:

- Avoid over the counter anti-diarrheal products.
- Good Hand washing with soap and water.
- Probiotics may help shorten the duration of diarrhea.