Vomiting

Cardinal Pediatrics

Vomiting (throwing up) is a symptom that is present in many illnesses. It may be caused by:

- a virus (most common reason, aka stomach flu)
- food that "disagrees" with the stomach (too spicy, too rich, or new foods)
- bacteria (germs) in food
- a blockage in the bowel (intestines)

Vomiting usually stops in 6 to 24 hours.

- With a viral illness, diarrhea often starts 8 to 12 hours after vomiting starts and may continue for 5 to 7 days

Vomiting can cause dehydration (getting "dried out"), which can be dangerous

- The younger the child, the more quickly dehydration can happen

What to do if my child is vomiting?

- Don't feed milk products or solid foods to a child who has been vomiting
- Give small amounts of liquid (avoid drinks high in sugar)
- For babies: about 1 tablespoon (tbsp.) of oral electrolyte solution (ORS) every 15–20 minutes; shorter but more frequent breastfeeding
- For kids: 1–2 tbsp. every 15 minutes of ORS, ice chips, flat ginger ale or lemon-lime soda, clear broth, ice pops, or diluted juice
- If your child vomits again, wait 20–30 minutes and start over.
- Slowly increase the amount of liquids once there's no vomiting for 3–4 hours.
- After 8 hours without vomiting:
  - For babies: breastfeed as usual and, if used, gradually begin formula (1–2 ounces)
  - For kids: serve bland foods (rice, applesauce, toast, cereal, crackers)
- Go back to a regular diet after 24 hours without vomiting. Call the doctor if it starts again.

When to get Medical Care!

Signs of dehydration,

- Moderate dehydration:
  - no urine (or wet diaper) for 8 hours
  - dry lips
  - inside of mouth dry and sticky
- Severe dehydration:
  - no tears when crying
  - inside of the mouth is very dry (no saliva)
  - eyes seem sunken
  - weight loss
  - listless (has little energy)
  - hard to awaken
  - confused
  - weakness (hard to sit up or walk, floppy)
- trouble keeping clear liquids down
- vomit that's greenish-yellow, looks like coffee grounds, or contains blood
- a hard, bloated, or painful belly
- extreme irritability
- in a boy: swelling, redness, or pain in the scrotum
- **In a newborn: forceful vomiting**

How to Prevent it

- Wash hands well and often, especially before cooking, eating, and touching raw meat or going to the bathroom
- Avoid close contact with anyone with the stomach bug

304-599-8000

Remember we are only a phone call/text away!