

## Guidelines for Management of Vomiting and Diarrhea

Viruses are the leading cause of vomiting and diarrhea in infants and young children. These viruses are highly contagious. The illness is self-limiting, vomiting typically lasts 1-4 days while diarrhea can last up to 10-14 days. Primary goals of treatment are to maintain good hydration and keep your child comfortable.

Signs of dehydration are:

- Dry mouth
- Sunken eyes with few tears
- Listlessness
- Less than 1/2 the typical number of wet diapers

Rehydration: Dehydrated children require replacement of lost fluid. Electrolyte replacement solutions, such as *Pedialyte* are recommended.

- Breastfed infants should continue to feed smaller amounts but more frequently, as much as 2-3 times more often.
- Formula fed infants should be fed 1/2 of a normal feeding but 2-3 times as often.
- Alternating breast-feeding or formula with 4-6 ounces of Pedialyte is allowed for several days.
- Fluid goal amounts are:
  - 20 ounces per day if your child is less than 6 months-old
  - 30 ounces per day if your child is 6 months to 1-year-old
  - 40 ounces per day if your child is 1-2 years-old
  - 50 ounces per day if your child is older than 2-years-old

Dietary recommendations: When vomiting is resolved, most children can slowly resume a normal diet.

- High-fat foods are more difficult to digest and should be avoided.
- It is not necessary to restrict to clear liquids or the BRAT diet (Bananas, Rice, Applesauce & Toast).

Probiotics: Healthy bacteria may help reduce the duration of diarrhea by 1-2 days. They are available without a prescription and are also found in Greek Yogurt.

Call our office if:

- Temperature greater than 100.4° in a baby less than 2-months-old
- Worsening signs of dehydration or no urine in greater than 8-10 hours
- Severe abdominal pain
- Persistent vomiting
- Bright green (bilious) vomit
- Blood in stool
- Behavior changes including lethargy or decreased responsiveness
- Not improving in 3-4 days