

West Hartford 860-231-8345 or Windsor 860-285-8251

Vomiting and Diarrhea

Call our office if….

Your child has diarrhea, vomiting and is younger than 6 months old or your child has:

* A fever over 102$°$F
* Blood in the stool (poop) or vomit
* Vomiting for more than 12 hours or diarrhea for more than 2 days
* Pees very little (wets fewer than 6 diapers per day)
* Acts very tired or strange

FOR VOMITING

What to do for vomiting:

* Give small sips of clear fluids every 10 to 15 minutes
* If your child keeps vomiting but is NOT dry, wait 1 to 2 hours before trying again. Stop if your child starts to throw up again, and call our office
* If your child is keeping down fluids and wants to eat, try giving small amounts of simple foods as listed below the diarrhea section.

FOR DIARRHEA

Most of the time mild diarrhea lasts from 3 to 6 days. Sometimes a child will have loose stools for several days longer. If the child acts well and is drinking and eating enough, parents do not need to worry about loose stools.

Avoid medicines, especially antibiotics, if they are not needed.

Q. What about diarrhea medicines?

A. These do *not* help in most cases. They can sometime be harmful. Never use them unless your child’s provider tells you to.

Q. Do probiotics help diarrhea?

A. Probiotics are types of “good” bacteria that live in the intestines. They may have beneficial health effects, although more studies are needed. Some studies have shown that foods or infant formula containing probiotics can prevent or even treat diarrhea in children, whether this condition is chronic or acute, or associated with the use of antibiotics. To date, the strongest evidence suggest that probiotics may help prevent or improve viral gastroenteritis; they may also strengthen a child’s disease-fighting immune system and thus help fight off many infections that could lead to diarrhea.

WHAT CAN YOU GIVE YOUR CHILD WHEN HE OR SHE HAS DIARRHEA?

**For children 1 year or older, these *SIMPLE FOODS AND DRINKS***

**are fine:**

Rice

Wheat bread or pasta

Boiled or baked potatoes

Cereal like oatmeal

Boiled eggs

Lean meat like chicken

Cooked fruits or vegetables

Bananas or applesauce

Yogurt or milk

Breast milk or infant formula

Special electrolyte drinks like Pedialyte

**For all ages, *don’t* give these foods or drinks:**

Fatty foods like French fries, chips, ice cream, cheese, or fried meats

Sugary foods like candy, cookies, or cake

Sugary drinks like juices or soda pop or very salty broths or soups when diarrhea is bad.

*NEVER* give boiled milk

***For children younger than 1 year old please call our office and speak with one of our advice nurses.***