



## Vomiting

Vomiting is a common symptom in illnesses such as viral gastroenteritis (stomach flu). In most cases, vomiting will stop without specific medical treatment. You should never use over-the-counter or prescription remedies without your pediatrician's approval.

When there is continued vomiting, it is important to watch for signs of dehydration. These include:

- no tears when crying
- no urination in the last 12 hours
- dry mouth (no saliva or drool)
- weakness or decreased level of activity

### Treatment of vomiting:

- wait 30-45 minutes after the last vomit before attempting to give your child fluids
- give 1 teaspoon of an Oral Rehydration Solution, ORS, (such as Pedialyte) every 5 minutes for 2 hours  
(If your child will not take a cup or bottle, a medicine dropper should be used.)
- if the above is tolerated, proceed according to the chart below for **4 hours**

<u>Weight (in pounds)</u>	<u>Number of ounces of ORS (<i>given slowly over 1 hour</i>)</u>
10	2 (4 hour total = 8oz)
15	3 (4 hour total = 12oz)
20	4 (4 hour total = 16oz)
25	5 (4 hour total = 20oz)
30	6 (4 hour total = 24oz)
35	7 (4 hour total = 28oz)
40 or more	8 (4 hour total = 32oz)

- if the above is tolerated, a few crackers (if your child is one year or older) can be introduced – continue to slowly advance the diet as tolerated
- if your child vomits at any point in this process, return to the first step and try again

### When to call the pediatrician:

- signs of dehydration (dry mouth, no tears, no urine in over 12 hours, very weak)
- blood (red or coffee-grounds color) in the vomit that is not from a nosebleed
- bile (yellow or green) in the vomit
- continuous abdominal pain or crying for more than one hour
- vomiting everything for more than 6 hours
- age less than 12 weeks

- age 3 months to 2 years and vomiting more than 24 hours in the absence of diarrhea
- age greater than 2 years and vomiting more than 48 hours in the absence of diarrhea
- vomiting associated with severe headache
- recent abdominal injury
- fever greater than 105