

Vomiting

MANAGEMENT OF VOMITING

1. Nothing should be given by mouth for one hour after vomiting.
2. Start offering sips of Pedialyte, Gatorade or ice chips for the next hour. (1-2 tsps.).
If breastfeeding, continue.
3. If no further vomiting occurs, you may gradually increase fluids. Toddlers can have clear fluid they like, including soft drinks. Alternate water with sweet fluids to avoid too much sugar. Avoid milk or juice. You can mix your own oral rehydration liquid by combining 1 quart of clean water with 1/2 teaspoon of salt and 8 teaspoons of sugar.
4. Once vomiting has stopped for 12-24 hours, you may offer toast, saltine crackers, clear broth, and gradually work up to a regular diet.
5. If vomiting does not stop, seek medical attention.

WARNING SIGNS: CONTACT OUR OFFICE!!

- Bloody or green vomit
- Severe abdominal pain
- Strenuous, repeated vomiting
- Swollen abdomen
- Lethargy or severe irritability
- Convulsions
- Signs or symptoms of dehydration
- Inability to drink adequate amounts of fluid
- Vomiting beyond 24 hours