

Vomiting

(Viral Gastritis)

DEFINITION

Vomiting is the forceful emptying (throwing up) of a large portion of the stomach's contents through the mouth and/or nose. Nausea and abdominal pain usually happens before each bout of vomiting.

CAUSES

Most vomiting is caused by a viral infection of the stomach or eating something that disagrees with your child. Often, the viral type is associated with diarrhea.

EXPECTED COURSE

The vomiting usually stops in 6 to 24 hours. Dietary changes usually speed recovery. If diarrhea is present, it usually continues for several days (see *diarrhea handout*).

HOME CARE FOR VOMITING

Special Diet for Vomiting

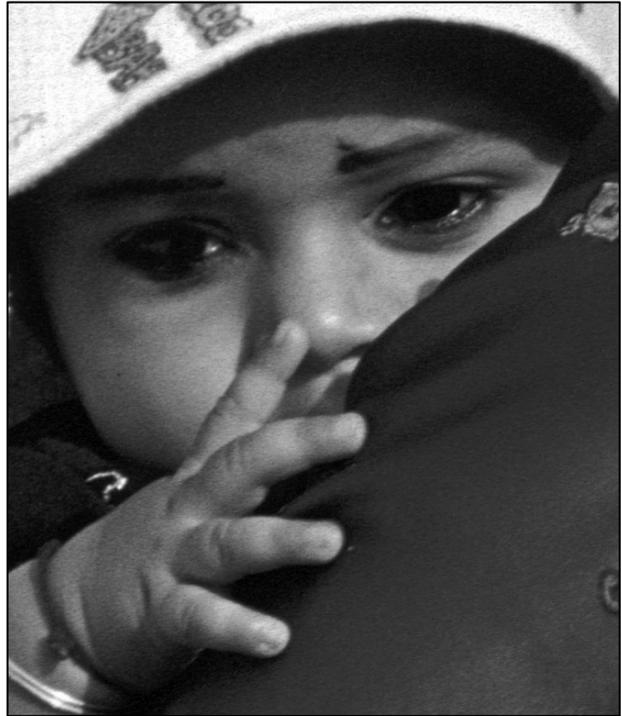
For Bottle-Fed Infants (less than 1 year old) Offer Pedialyte* for 8 hours

- For vomiting once, offer half-strength formula
- For vomiting two or more times, offer pedialyte
- Give small amounts (1 teaspoon) every 10 minutes
- After 4 hours without vomiting, increase the amount
- After 8 hours without vomiting, return to formula
- For infants more than 4 months old also return to cereal, strained bananas, etc.
- A normal diet is okay in 24 to 48 hours

For Breast-Fed Infants

Reduce the Amounts per Feeding

- Provide breast milk in smaller amounts. Your goal is to avoid filling the stomach.
- If your baby vomits twice, nurse on only one side every 1 to 2 hours.
- If he vomits more than two times, nurse for 4 to 5 minutes every 30 to 60 minutes.



- After 8 hours without vomiting, return to regular breast-feeding.

For Older Children (more than 1 year old)

Offer clear fluids in small amounts for 8 hours

- Water or ice chips are best for vomiting without diarrhea because water is directly absorbed across the stomach wall (if water is coming up immediately, go to other clear liquids)
- Other options: Half-strength lemon-lime soda, popsicles, Gatorade, etc. (stir soda until the fizz is gone because the bubbles can inflate the stomach)
- Give small amounts (1 tablespoon) every 10 minutes
- After 4 hours without vomiting, increase the amount of fluids
- For severe vomiting, rest the stomach completely for 1 hour, then start over with smaller amounts
- For older children (more than 1 year old), add bland foods after 8 hours without vomiting
- Stay on bland, starchy foods (any complex carbohydrates) for 24 hours
- Start with saltine crackers, white bread, rice, mashed potatoes, etc. (No dairy, caffeine, fatty or fried foods)
- A normal diet is okay in 24 to 48 hours



Other Vomiting Treatments:

- Help your child go to sleep. Sleep often empties the stomach and relieves the need to vomit.
- Discontinue all medicines for 8 hours. Oral medicines can irritate the stomach and make vomiting worse. If your child has a fever over 102 degrees F, use acetaminophen suppositories. Call the office if your child needs to be taking a prescription medicine. We may prescribe a medicine for nausea and vomiting.
- Remember to increase fluids gradually; giving your child as much clear fluids as he wants leads to continued vomiting.
- Call the office if vomiting continues for more than 24 hours in children under 2 or for more than 48 hours if over the age of 2.

** Or other similar products*

Call the office immediately if signs of dehydration occur:

- No urine in more than 8 hours
- Very dry mouth or coated tongue
- No tears
- Irritability, confusion, sluggish