

## **CORDES, PATRANELLA, & WINKLER, P.A.**

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### **PRACTICE LIMITED TO INFANTS AND CHILDREN**

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## **VOMITING INSTRUCTIONS**

### INFANTS

If child is less than 6 months old, please call our office if:

- Your child has vomited more than 3 times
- Your child has had increased number of stools (> 4 more than usual). For example, if your child has 3 stools per day and now has 7, the child needs to be seen)

Do not give fluids or food for 1/2 hour after last vomiting episode. Start PEDIALYTE, giving no other fluids, one teaspoon every five minutes. You may use dropper or artificial nipple to give fluids to child.

After 1 hour, if no further vomiting, you may gradually increase the amount given.

After 6 hours, restart formula or breastfeeding. Infants should not stay on Pedialyte for more than 24 hours.

Infants will do better with small, frequent feedings when they have been vomiting.

### OLDER CHILDREN

Do not give food or fluids for 1/2 hour after last vomiting episode.

- Give one teaspoon of Pedialyte or other clear fluid, every five minutes. Gatorade is permitted. Do not give juices.
- After 1 hour, if no further vomiting, increase the amount of fluid given gradually.
- After 4-5 hours, you may progress to bland (BRAT diet), as tolerated: applesauce, white rice, rice cereal (baby kind), bananas, dry crackers, dry toast, dry cereal. May try other clear fluids: white grape juice, popsicles (no artificial sweetner), koolaide, jello. Avoid the koolaide and jello with red coloring as it may be confusing when appears in stool or vomitus.
- Next day may progress diet to normal as tolerated. If diarrhea begins, no juices and go to high fat diet.

**IF AT ANY TIME CHILD VOMITS AGAIN, START OVER AT THE BEGINNING WITH THE 1/2 HOUR WAIT AND SMALL AMOUNTS OF FLUID.**

### **WE NEED TO SEE YOUR CHILD IF YOUR CHILD HAS:**

- **No urination for 8 hours**
- **Crying without tears**
- **Dry mouth**
- **If vomiting continues for 12-24 hours**