

# Vomiting and Diarrhea

## Helping your child through sickness

### What causes vomiting and diarrhea?

*Vomiting* (throwing up) and *diarrhea* (frequent, watery bowel movements) can be caused by viruses, bacteria, parasites, foods that are hard to digest (such as too many sweets) and other things.

### Why are vomiting and diarrhea so dangerous in children?

Vomiting and diarrhea can be harmful to your child because they can cause dehydration. *Dehydration* occurs when too much fluid is lost from the body. Signs of dehydration are listed in the box on the next page. In bad cases, dehydration can cause death.

Young babies can become dehydrated very quickly. But if the vomiting and diarrhea are both really bad, dehydration can occur very quickly in a child of any age.

### How can I prevent dehydration?

If your child has had several bouts of vomiting or diarrhea, he or she will need to drink fluids to replace those lost with vomiting and diarrhea. This can be done by giving your child special drinks, called *oral rehydration solutions* (ORS), that contain the right mix of salt, sugar, potassium and other elements to help replace lost body fluids.

### Which ORS should I use?

There are many brands of ORS. Some come as powders that you mix with water, others come as liquids that are already mixed for you and some come as frozen popsicles.

Powders are easier to store, cheaper and last longer than liquids. But you must mix powders exactly like they're supposed to be mixed. If you don't, you'll change the balance of the parts, which can cause problems. Because liquids and popsicles are premixed, these problems are avoided.

Brands of ORS include Pedialyte, Ricelyte, Rehydralyte and the World Health Organization's Oral Rehydration Solution (WHO-ORS). Talk to your family doctor to find out which one to use.

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### Signs of dehydration

- Irritability
- Not eating as well as usual
- Weight loss
- Not urinating (“peeing”) as often as usual
- Urine that is darker than usual
- Fast heartbeat
- Dry mouth
- Thirst (babies may show thirst by crying and being irritable and eager to drink when something is offered)
- Sunken eyes
- No tears when crying
- Sunken soft spot in babies younger than 18 months
- Skin that isn’t as springy as usual

### Do home remedies work?

Generally, home remedies, such as apple juice, chicken broth, cola, sports drinks (Gatorade), ginger ale or tea, shouldn’t be given to children under about age two. These drinks don’t contain the right balance of sugar, salt and other things.

Soft drinks that have caffeine in them shouldn’t be given because caffeine is a *diuretic* and increases the amount of water and salt that are lost. Even plain water can cause problems, such as lowering the amount of salt in the blood (*hyponatremia*) or the amount of sugar in the blood (*hypoglycemia*).

Talk to your family doctor about whether it’s safe to use home remedies for your older child.

### How should I give ORS?

This depends on if your child is vomiting or has diarrhea or both.

If your child has diarrhea and isn’t vomiting, give him or her ORS freely. Don’t limit how much he or she drinks. You can use a dropper, a spoon or a medicine cup to keep track of how much your child is drinking. Your doctor will probably tell you the minimum amount your child should drink.

If your child is vomiting (with or without diarrhea), try giving him or her small amounts of ORS often, such as one teaspoonful every minute.

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Slowly increase how much you give when your child is able to keep the drink down.

If your child keeps vomiting, wait for 30 to 60 minutes after the last time he or she vomited and then give him or her a few sips of ORS from a spoon or a few drops from a dropper. Small amounts every few minutes may stay down better than a large amount all at once.

When your child stops vomiting, you may increase how much ORS you give each time and lengthen the time between when you give ORS to once every three to four hours.

Keep giving ORS until your child's stools return to normal and he or she quits vomiting.

### **Should I feed my child during sickness?**

Yes. Even though eating may cause the amount of diarrhea to increase, your child will be able to get some nutrients from the food. This may prevent your child from losing too much weight and help your child get better quicker.

**Breast-fed babies.** If you are breast-feeding, keep breast-feeding while you're giving ORS.

**Formula-fed babies.** If you've been giving your baby formula, some doctors suggest switching from formula to ORS for up to 12 to 24 hours and then switching back to giving formula.

If your baby has had diarrhea, you might want to use a formula that doesn't contain lactose for a few weeks. *Lactose* is the sugar in milk. Lactose can bother some babies after a bout of diarrhea, even if they haven't been bothered by it before.

Using the formula you usually use is fine if your baby isn't bothered by the lactose. You can also use formula that contains lactose and cut it in half with water. Talk to your doctor about the best approach.

**Children on food.** Children should begin eating within about 12 to 24 hours after starting to take ORS. Foods that should be avoided include those with a lot of sugar and fat, such as ice cream, gelatin, pudding and fried foods.

If your child has had diarrhea, dairy products are best avoided for three to seven days because of the lactose they contain.

Sometimes bland foods are recommended for the first 24 hours. Foods that are bland include bananas, rice, applesauce, toast and unsweetened cereals.

If these foods don't bother your child, other foods can be added over the next 48 hours. Most children can return to normal eating habits within about three days.

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**Should I give my child medicine to stop the diarrhea?**

This usually isn't needed. Diarrhea doesn't usually last very long. If it's caused by an infection, diarrhea is just a sign that the body is trying to get rid of the infection. Giving medicines that stop diarrhea may interfere with the body's efforts to get rid of the infection. Talk to your family doctor if you think your child needs medicine.

**Will my child need antibiotics?**

Probably not. Most of the time, vomiting and diarrhea are caused by viruses. Antibiotics don't fight viruses. But your child might need antibiotics or other medicines if the vomiting and diarrhea are caused by something other than a virus.

**Will my child need to go to the hospital?**

This depends on how dehydrated your child is. If the dehydration is severe, your child may need to be given fluids intravenously (through an IV). This is the quickest way to replace fluids lost through vomiting or diarrhea. Call your doctor if you notice any of the signs in the box below.



**Call your doctor if your child is vomiting or has diarrhea and**

- Is less than six months old.
- Is over six months old and has a fever over 101.4°.
- Has signs of dehydration (see box on page 2).
- Has been vomiting longer than eight hours or is vomiting with great force.
- Has stools that are bloody or slimy.
- Has blood or green slime in the vomit.
- Is bloated.
- Hasn't passed urine in eight hours.
- Could have swallowed something that could be a poison.
- Has a stiff neck.
- Is listless or unusually sleepy.
- Has had abdominal pain for over two hours.

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## Can I help prevent vomiting and diarrhea in my children?

Most infections that cause diarrhea are caught when a child somehow comes into contact with feces, such as from dirty diapers. This is common in day-care and school settings.

You can help prevent the passage of infection at home by putting used diapers in a closed trash can or diaper pail, and by washing your hands very well after changing a diaper or going to the bathroom and also before you cook food or feed your children.

This handout provides a general overview on this topic and may not apply to everyone. To find out if this handout applies to you and to get more information on this subject, talk to your family doctor.



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