

Vomiting

Childhood vomiting is common. In most cases, vomiting will stop without medical treatment within 12 to 24 hours. Over-the-counter or prescription remedies should not be used unless prescribed for your child for this particular illness. The suggestions below will allow you to handle uncomplicated vomiting at home, without visiting the office or using medications.

Breast-fed infants: if your baby vomits twice or more, reduce the amount per feeding by nursing only on one side at a time every 1 to 2 hours. If vomiting persists, try limiting feeding time 5 minutes and feeding every 30-60 minutes. After 8 hours without vomiting, return to regular feeding schedule. If your child is on solids, rice, strained bananas and applesauce can be added at this time.

Bottle-fed infants: offer only Pedialyte® until your child has not vomited for 8 hours. Offer small amounts (one teaspoon to one tablespoon) every 15 minutes. If tolerated for one hour, try doubling the amount given and continue to increase slowly. If vomiting occurs during this treatment, don't panic, this is common. Rest your child's stomach for an hour or two and start over. After 8 hours without vomiting, formula and solids like rice, strained bananas and applesauce can be added.

Older children: (over 1 year old): water, ice chips or an electrolyte solution (low calorie Gatorade®, Powerade Zero®, or Pedialyte®), are best. Half-strength lemon-lime soda or popsicles can also be used. Increase the amount as described for bottle-fed infants above. After 8 hours without vomiting, add bland, starchy foods like crackers.

WHEN TO CALL:

- If your child has signs of dehydration (very dry mouth, or no urine in 8 hours)
- If blood is present in the vomiting material
- If your child is under 3 months and has a temperature over 100.4°F
- If your child has a temperature of over 105°F at any age
- If your child is confused or difficult to awaken
- If your child has a severe headache
- If your child has a recent head or stomach injury
- If your child has vomited longer than expected: longer than 12 hours for babies under 6 months old; longer than 24 hours for 6 months to 2 years; longer than 48 hours for children over 2 years



Rockcastle Pediatrics & Adolescents

Dr. Callie Shaffer

Dr. Sarah Oliver

140A Newcomb Avenue, First floor

Mt. Vernon, Kentucky 40456

Phone: (606) 256-4148, option 1