

HOME TREATMENT FOR VOMITING

In most cases, vomiting will stop without specific medical treatment within 12 to 24 hours. Over-the-counter or prescriptions remedies should never be used unless specifically prescribed for your child for this particular illness. They are rarely needed and are *never indicated* for simple vomiting of short duration. *Please do not call our office for prescriptions of these medications.* We anticipate that the suggestions outlined below will allow you to handle uncomplicated vomiting at home without our consultation or use of medications.

- **Breast-fed infants.** If your baby vomits twice or more, reduce the amount per feeding by nursing on only one side at a time every 1 to 2 hours. If vomiting persists, try limiting time to 5 minutes and feeding every 30 – 60 minutes. After 8 hours without vomiting, return to regular breast-feeding. If your child is on solids, rice, strained bananas, and applesauce, other bland foods 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 and expected occasionally. Just rest your child's tummy for an hour or two and start over. Don't be in a rush. After 8 hours without vomiting, formula and bland foods may be re-started.

- **Older children (over 1 year old).** Water or ice chips are best for vomiting. Half-strength lemon-lime soda or Popsicles are also options. Increase the amount as described for "bottle-fed infants" above. After 8 hours without vomiting, add bland, starchy foods. A normal diet is generally tolerated in 24 – 48 hours.

- **For all ages.** Discontinue all nonessential medicines for 8 hours. Consider acetaminophen suppositories if fever requires medication (see section on **FEVER**). If diarrhea is present, follow directions described in **diarrhea** section once vomiting is controlled.

WHEN TO CALL

Call us immediately, if your child:

- Has signs of dehydration (very dry mouth or no urine in 8 hours).
- Has blood present in the vomiting material not due to a recent nosebleed.
- Is under 3 months old and has a temperature over 100.4 degrees.
- Has a temperature over 105 degrees at any age. If a Thermoscan is used, recheck with a digital thermometer.
- Is confused or very difficult to awaken.
- Has a severe headache.
- Has a recent abdominal injury.
- Vomits 3 times or more and has had a recent head injury.

If there is a possible poisoning, call POISON CONTROL, 1-800-222-1222

Call during office hours if your child:

- has vomited longer than expected:
 - Under 6 months old – 12 hours
 - 6 months to 2 years – 24 hours
 - over 2 years old – 48 hours
- is taking a medication that could cause vomiting if skipping one dose does not help