

## **Woodburn Pediatric Clinic**

### **TREATMENT OF DIARRHEA AND VOMITING**

- 1. Keep the child well-hydrated (let child drink healthy fluids)**
- 2. Keep the child well-nourished (let child eat, but don't worry if child is not hungry)**

Avoid all foods and drinks that have upset the child's stomach in the past.

Push fluids, if child has vomiting small amounts of fluids (2 teaspoons) every 10 minutes.

Rehydration solutions – Pedialyte is best, Gatorade, Water. No Milk, Juice or Tea.

Limit fresh fruits and vegetables, may promote diarrhea. Bananas are ok.

Foods that are usually well-tolerated include: boiled rice, clear soups, toast, crackers, white (flour) tortillas, boiled potatoes, eggs, noodles, cooked vegetables, bananas and jello. Yogurt or probiotics may help. Avoid greasy, fatty or fried foods.

Make sure everyone in the home washes their hands after going to the bathroom, after changing diapers, and before preparing food or eating.

#### **Watch for signs of dehydration:**

- Dryness of the roof of the child's mouth.
- Decrease in urination, need to have at least 2 wet diapers in 12 hours.
- The infant's soft spot (frontal) appears sunken or fallen.

#### **Call the clinic (503-981-5348) if any of the following occur:**

- You think the child is dehydrated.
- Vomiting occurs multiple times and lasts for more than one day.
- There is mucous or blood in stools.
- There is a fever higher than 101.0 degrees.
- There are 10 or more stools a day.
- There are other symptoms that concern you.