

HELPING THE SICK CHILD AT HOME

VOMITING

This information does not replace qualified medical advice from your provider but can guide you on what you can do until regular office hours.

Vomiting is a common symptom of illness, but is rarely an emergency unless accompanied by fever and severe abdominal pain, or if the vomit contains blood.

In babies, spit up and vomit can be hard to tell apart. Lots of normal babies spit up multiple times a day and are otherwise fine. If your baby doesn't mind spitting up, you shouldn't mind either.

What you can do:

- Avoid solid food right after vomiting. Your child might ask for something to eat, but remember, he just threw up! If he eats right away, it's very likely he'll throw up again.
- Start with clear liquids in small amounts.
 - Give 1 oz every 10 min for an hour.
 - If there is still no vomiting, give 2 oz every 10 min for an hour.
 - After 2 hours, allow him to drink clear liquids as tolerated for the next 6 hours.
 - If he doesn't vomit at all, start with simple foods, like crackers or toast. Give small servings over the next 6 hours.
 - If he hasn't vomited at all, return to a regular diet

If he vomits at any point in this process, start all over again with 1 oz every 10 min for an hour

When to go to the emergency room or call 911

- Fever in any infant under 3 months old
- Temperature over 104F
- Child is looking very ill, crying inconsolably, or acting differently
- Difficulty of breathing or bluish lips
- Rash with dark red or purple spots
- Hasn't urinated in 8 hours
- Has severe abdominal pain
- Has chronic underlying illness (e.g. sickle cell disease, diabetes)

If these recommendations do not work or there is something else that worries you, please go to the nearest urgent care for a physician assessment. For emergencies, call 911.



UPLIFT PEDIATRICS