



## My Child Has...*Vomiting*

A common concern for most parents is vomiting. This article discusses some guidelines to follow if and when your child experiences vomiting. Nausea and abdominal discomfort typically precede an episode of vomiting. Severity of vomiting is classified into several groups. Mild vomiting is considered 1-2 times a day, moderate 3-7 times a day, and severe vomiting would be 8 or more episodes or vomiting the full contents of the belly.

One of the greatest risks of vomiting in young children is dehydration. If your child is not urinating at least 2-3 times a day, the mucosa of the mouth is sticky, or they are not crying tears, you should call us as soon as possible. Also, let us know if there is any blood in the vomit. An important task for the parent is to make sure that you work on hydrating without causing the child to vomit further. A good rule of thumb is to start your child with 5 ml of any electrolyte replenishing fluid such as pedialyte, coconut water, or half strength Gatorade.

Make sure that when you are rehydrating your child you do so very slowly. Start with 5 ml of one of the above mentioned rehydration fluids. If they are able to keep that down for 20 minutes, you should continue administering 5 ml every 5-10 minutes. After 4 hours without vomiting you should double the amount of fluids. If your child vomits with this treatment, rest for 1 hour and start over again with small amounts. Don't be concerned about solids, the only concern is keeping your child hydrated. You can have your child resume solids again after they have gone 8 hours without vomiting. At this point a bland starchy diet is recommended. As always, if you have any questions please do not hesitate to contact us.