

VOMITING AND DIARRHEA

Vomiting and diarrhea are common illnesses usually caused by viruses. Most children get better within a few days. Take your child to the doctor for concerning or persistent symptoms.

If your child continues to vomit, encourage them to drink frequent small amounts of clear fluid such as Pedialyte 15 ml every 15 minutes. If diarrhea lasts longer than 6-7 days consider switching to lactose free milk as they may have a temporary lactase enzyme deficiency. If there is persistent vomiting, signs of dehydration, worsening abdominal pain/distension or blood in the stool, call for advice or go to the emergency department.

Signs of dehydration include sunken fontanelle or soft spot on the head in infants, dry mucous membranes, reduced saliva and tears, concentrated urine, four or less voids (pees) in a day.

For further advice please refer to:

- www.albertahealthservices.ca/assets/heal/heal-handout-vomiting-diarrhea.pdf
- www.caringforkids.cps.ca