



PREMIER MEDICAL ASSOCIATES

Vomiting

Vomiting is the forceful ejection of a large portion of the stomach's contents through the mouth. Regurgitation is the effortless spitting up of one or two mouthfuls of stomach contents usually seen in babies less than one year of age.

Most vomiting is caused by a viral infection of the stomach often associated with diarrhea. Eating something that disagrees with your child is another common cause. It generally stops in six to 24 hours.

Treatment is aimed at preventing dehydration. Hold fluids for 1 hour for infants and 2 hours for older children before giving small sips of clear liquids. Electrolyte solutions (Pedialyte or Kaoelectrolyte) are best, but sports drinks (Gatorade or All-Sport), ice chips or flat cola or ginger ale can be used in older children. A common mistake is giving a child too much at once. This distends the stomach and causes muscles to spasm and vomiting occurs. For babies, using a dropper is helpful. Give a dropper every 5 minutes until the child has taken 2 ounces. Then rest for an hour and repeat. For toddlers and older children, a teaspoon works better. Sucking on electrolyte popsicles is also a good idea. If your child vomits again, rest for one hour and begin again. Remember go slowly!

Avoid giving any medications to your child while they are vomiting. This can irritate the stomach. If your child is taking a prescription medication, call the office for further instructions.

Call immediately if:

- Your child doesn't urinate in more than 8 hours.
- Crying produces no tears.
- Abdominal pain develops and lasts for more than 4 hours.
- Any blood appears in vomited material.
- Your child becomes difficult to waken or confused.
- Your child starts acting very sick.
- You have any other concerns or questions.