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## Vomiting

Vomiting is forceful throwing up. A virus is often the cause. Being overexcited, eating too much or too fast and being upset can also cause a child to vomit. Vomiting can cause your child's body to lose too much fluid and become dehydrated. It is important to see that your child drinks fluid even if he has vomited. The secret is giving small amounts often. Do not worry if your child won't eat. He will eat when he feels better. The most important thing is to assure that your child does not become dehydrated.

The fluids of choice are electrolyte replacement solutions. Suggested solutions are:

For infants: Pedialyte, Infalyte, or breast milk.

For older children: Pedialyte, Infalyte, or Pedialyte popsicles.

If your infant is breastfeeding, offer the breast more frequently for shorter time periods.

- Do not offer your child anything to eat or drink for fifteen to twenty minutes after he vomits to let his stomach rest. Then start giving your child one teaspoon to one tablespoon of clear liquid every 5 minutes. Hourly, increase the amount offered.
- Once your child has tolerated clear liquids for about 6 hours you can then start to try small amounts of formula or milk and again slowly increase the amount given.
- If, when you are increasing the amounts of liquids, your child begins to vomit, restart the process with small amounts of clear liquids.
- Avoid fluids that have a lot of sugar (i.e. Sodas, Jell-O, sports drinks, etc.) as they can cause or worsen diarrhea.
- You can start offering small amounts of solid food or formula when he/she has not vomited for six hours. Try to avoid spicy or greasy foods for a few days. Gradually increase the amount of fluids and foods offered to your child.

### Things to watch for:

- Your child vomits after a fall or hard blow to the head.
- Your child vomits up blood or green or black fluid.
- Signs of dehydration include: No urination or not wet diaper for 12 hours, no tears with crying, dry mouth and tongue or your child is confused or hard to awaken.
- Your child continues to vomit after you have given small sips of clear fluid. (Remember to let your child rest for fifteen minutes after vomiting before offering fluids again.)