Vomiting is most often caused by a viral infection in the stomach or intestines. Occasionally bacteria, parasites, or infections outside the gastrointestinal tract can cause vomiting. Diarrhea, nausea, fever, or abdominal discomfort may accompany vomiting.

**WHAT TO EXPECT**

Do not use over the counter medications in an attempt to control the vomiting. Treatment of vomiting consists of preventing dehydration. Most cases of vomiting stop within 6-24 hours.

**DIET:**

Electrolyte solutions are recommended because they replace both fluids and needed nutrients. Examples of these are Pedialyte, KaoLectrolyte and Ricelyte. These may also come in popsicle form. Gatorade or sport drinks may be used with an older child.

1. After your child has vomited, wait 1-2 hours, then:
   - Give one teaspoon of clear fluid every 15 minutes for one hour, then
   - Give one tablespoon of clear fluid every 15 minutes for one hour, then
   - Give one ounce of clear fluid every 15 minutes for one hour, then
   - Offer sips of clear fluids as desired.

2. If vomiting recurs at any time, rest the stomach for one hour and begin the regimen again.

3. Breastfed infants may continue to breastfeed if only 1-2 episodes of vomiting has occurred. If the infant vomits more than twice, give clear fluids as outlined above. Breastfeeding may resume if the infant has not vomited in two hours.

4. When vomiting has not occurred for about four hours, gradually return to a normal diet.
   - Bottle-fed infants may resume formula. Keep amounts small until you are sure vomiting will not reoccur.
   - Infants on solid foods may gradually resume diet with bland foods such as rice cereal, bananas, toast, or applesauce.
   - Older children should begin by eating foods such as saltine crackers, bland soup (chicken noodle), toast, or mashed potatoes.
CALL IF THE VOMITING IS ACCOMPANIED BY:

1. Dehydration.
   - When dehydrated, a child will urinate less frequently. Call if your child is under two and has not had a wet diaper in eight hours. If older than two, call if your child has not urinated or had a wet diaper in 12 hours.
   - Other signs of dehydration include dry mouth, few or no tears when crying, and sunken soft spot of the head in an infant.
   - Signs of severe dehydration include excessive fussiness or sleepiness, sunken eyes, and cool or discolored hands or feet.

2. Blood in the vomit.


4. Fever above 101º for more than two days.

5. Vomiting longer than 24 hours.