**Diarrhea & Vomiting**

Diarrhea

* Most children with mild diarrhea can continue to eat a normal diet, including breastmilk or formula.
* For fluids, use milk or formula, pedialyte (generic works fine) or sports drink. Avoid juice.
* Unripe **bananas** help to firm up stool
* **Probiotics** may help to improve diarrhea by returning gut bacteria to normal
  + Culturelle (can use adult generic capsules)
  + 1 capful opened in food or drink per day until diarrhea improves
* Do **not** use anti-diarrhea medicines. These may prolong illness or cause other serious complications

Vomiting

* In most cases, vomiting will stop without specific medical treatment. The majority of cases are caused by a virus and will get better on their own.
* Try to maintain a normal diet. If solids cause vomiting to worsen, limit solids and push fluids. Small, frequent sips usually work well to avoid further vomiting.
* A 10 lb child requires *at least* 16 ounces of fluids per day. A 20 lb child requires *at least* 24 oz. A 30 lb child requires *at least* 32 ounces per day. Aim for higher fluid goals to help restore lost fluids.
* If your child is unable to retain any clear liquids or if the symptoms become more severe, call Dr. Price. Bloody or bright green vomiting is not normal, call Dr. Price immediately.

Dehydration

* Children with diarrhea and/or vomiting are at risk for dehydration.
* Young children and infants are more susceptible to dehydration than older children.
* Sips of water or electrolyte solution (pedialyte, sports drinks) are usually tolerated in small volumes. If your child doesn’t feel like drinking, try ice chips.
* Children who are running around & playing happily rarely have significant dehydration
* Watch for signs of dehydration which occur when a child loses too much fluid and becomes dried out. Symptoms of dehydration include a decrease in urination, no tears when crying, high fever, dry mouth, weight loss, extreme thirst, listlessness, and sunken eyes.