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|  |  | Vomiting  (throwing up)  Presents in many illnesses and can be related to virus/bacteria or eating food that upsets the stomach. Often in combination with diarrhea. |
| Contact **PHONE:**  **763-333-7733**  *24-hour access to care*  **FAX:**  **763-333-7711**  **WEBSITE:**  **childandteenmedicalcenter.com**  **EMAIL:**  **info@childandteenmedicalcenter.com** LOCATIONS: **Blaine:**  11107 Ulysses Street NE, Suite 100  Blaine, MN 55434  **Fridley:**  7225 University Ave NE  Fridley, MN 55432 PROVIDERS: Kaylee Adams, CNP  Jennifer Benton, CNP  Catherine Chang, MD  John Hollerud, MD  Jennifer Rousseau, MD  Stephen Sitrin, MD  Benjamin Williams, CNP  Molly Wirtz, CNP |  | WHAT to Expect:  * Vomiting usually subsides within 24-48 hours, but diarrhea can persist for several days’ past  IMPORTANT TO KNOW:  * Child (>1 year old): clear fluids (water or Pedialyte) * Infants (<12 months): if breastfed continue as desired; if formula fed, use Pedialyte; do NOT give plain water * Slowly rehydrate: give smaller volumes more frequently (1 teaspoon-1 ounce every 15-30 minutes) * Avoid high sugar consumption (juice, soda, gelatin) as this can make symptoms worse * When wanting to eat solids again: applesauce, bananas, toast, rice, potatoes, lean meats (turkey or chicken) * Avoid spicy, dairy or greasy as they are harder to digest  WHen to call the clinic:  * Signs of dehydration: lethargy, no tears when crying, 8-10 hours without a wet diaper, difficulty waking, little energy * Refuses oral intake * Fever >101 * Vomit looks like coffee grounds or has red or green color to it (not matching food or drink that was recently taken) * Vomiting that is continuous or lasts longer than 48 hours  Medication Dosages for Current Weight ( ) Acetaminophen (Tylenol): every 4-6 hours  Ibuprofen (Motrin or Advil): every 6 hours |