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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 100Blaine, MN 55434**Fridley:**7225 University Ave NEFridley, MN 55432PROVIDERS:Kaylee Adams, CNPJennifer Benton, CNPCatherine Chang, MD John Hollerud, MDJennifer Rousseau, MDStephen Sitrin, MDBenjamin 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 hoursIbuprofen (Motrin or Advil): every 6 hours |