

## **Drs. Roth, Rotter & Laster**

637 Washington Street • Suite 202 • Brookline MA 02445  
(617) 232-2811

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### **Vomiting And Diarrhea**

When your child vomits, not spitting up from coughing or gagging, begin treatment by giving NOTHING BY MOUTH for 2 hours up to age 4, or 3 hours ages 4 or older. Nothing means nothing: no ice chips, no hard candy, no water.

For children under 4 years, after waiting 2 hours, give 1 teaspoon (5ml) of Pedialyte every 5 minutes for 1 hour. Then 2 teaspoons (10ml) every 5 minutes for the 2nd hour. Then ad lib drinking of the Pedialyte for the 3rd hour.

For children ages 4 years and over, give 2 teaspoons (10ml) every 5 minutes for 1 hour. Then 4 teaspoons (20ml) every 5 minutes for the 2nd hour. Then ad lib drinking of the Pedialyte for the 3rd hour.

If your child vomits while doing the above, wait 30 minutes and begin at the beginning. If your child vomits 3 or more times during this process, call us or go the emergency room for IV rehydration.

For diarrhea that is not accompanied by vomiting, continue to feed your child the usual diet. Offer liquids frequently but do not omit any of the milk or other foods that he/she likes. If your child becomes very listless or you are worried, do not hesitate to call. Diarrhea can often last many days to weeks but your child will act happy and seem fine.