

Vomiting and Diarrhea

Vomiting and diarrhea usually are caused by a virus that can be passed from one person to another. You should feel better in a day or two if you drink liquids when you can and get plenty of rest.

What to Do for Adults and Older Children

1. If you have been vomiting, do not eat solid food or drink milk. Take only the medicine your doctor asks you to take.
2. When you feel like it, sip mild liquids such as water, Kool Aid, Gatorade, weak tea, apple juice, or soft drinks. You may feel like eating a little Jello. You can also try Pedialyte or Pedialyte Popsicles.
3. After about 24 hours, you should be able to eat a small amount of bland food such as soup, bananas, yogurt, rice, applesauce, dry toast, crackers, mashed potatoes, or boiled chicken. If they upset your stomach, go back to mild liquids until you feel better. Usually after the third day, you should be able to eat some of your regular foods.

What to Do for Babies

1. Try to give the baby small amounts of Pedialyte or other special clear formula every 1 to 2 hours.
2. After about 24 hours, try to feed the baby regular formula mixed with water, about half formula and half water.
3. Usually on the third day, your baby can start regular feedings again. If your baby is still vomiting and has diarrhea on the third day, call your doctor.

Call Your Doctor If You Have Any of These Problems:

1. Stomach pain becomes worse, or does not go away, or if it hurts in a different place.
2. You are still vomiting or if you still have an upset stomach after 24 hours.
3. You see blood in your vomit, urine, or bowel movement.
4. You have chills and fever higher than 101° after 24 hours.
5. You think you are dehydrated. Watch for any of these signs of dehydration:

sunken eyes	dry mouth or tongue
crying without tears	only small amounts of urine
feeling unusually weak	or no urine at all
or sleepy	