

SOUTHFIELD PEDIATRICS

31500 Telegraph Road, Suite 105 ~ Bingham Farms, MI 48025 ~ 248-540-8700 ~ Fax 248-540-8701
7416 Haggerty Road ~ West Bloomfield, MI 48322 ~ 248-661-9100 ~ Fax 248-661-9158

George Blum, MD Robert Blum, DO Sandyha Patel, MD
Ehud Kapen, MD Katherine Erlich, MD Marshall Blondy, MD Stacy Zide, MD
Jennifer Supol, DO Mara Rubenstein, MD Carrie Busch, MD

Treatment of Vomiting

Vomiting is a very common occurrence in children. It is nearly always caused by a viral illness and usually resolves spontaneously within 6 to 24 hours. The major worry about vomiting is that it can cause children to become dehydrated and dehydration can lead to serious problems. No medicines should be given to children who are vomiting. With a proper approach to giving fluids, dehydration can nearly always be avoided.

When a child is vomiting use the following approach:

Most fluids do not have the proper salts and in large volumes can cause problems. We suggest you use an oral rehydrating solution such as Pedialyte. It can be mixed with a small amount of juice or some other better tasting liquid to make it more palatable.

For children under 1 year of age, begin with 1 teaspoon to 1 tablepoon of liquid every 10 to 15 minutes. This would be 1/4 to 1/2 of an ounce or 5 to 15 cc. For children older than 1 year, begin with 1/2 to 1 ounce. If this is tolerated for one hour you should then double the amount of each feeding, continuing to give fluids every 10 to 15 minutes. Each hour the volume can be doubled until you have reached 2 ounces without problem. At that time you can then give the child as much as he or she wants.

If your child does not tolerate the initial fluid, wait 1 hour and begin with a smaller amount. Even the sickest child will usually be able to hold down a sip at a time and this would still be enough to prevent dehydration.

If your child vomits after you have begun to increase the volume, wait 1 hour and begin again with 1/4 to 1/2 ounce. Then proceed as before.

Call us immediately if your child shows signs of dehydration, such as: crying without tears (for children older than 2 months); no urination for greater than 8-12 hours; becoming confused or difficult to awaken.