



Kapa'a Pediatrics LLC

Vomiting and Diarrhea (Gastroenteritis)

Gastroenteritis, also known as the “stomach-flu,” usually consists of fever, vomiting, and diarrhea. It is generally caused by infectious organisms such as bacteria or viruses. Food poisoning occurs when you consume food that has been contaminated by one of the organisms.

Tips for Diarrhea:

1. Butt rash is one of the biggest problems that occurs. As soon as diarrhea starts you should be putting thick topical barrier cream around the anus to prevent rash. Instead of using wipes or toilet paper that will break down the skin barrier, rinse your child's bottom in the tub instead.
2. **Remove ALL dairy products** until the diarrhea has completely resolved for 2 weeks. Avoid fatty, spicy, and sugary foods.
3. Probiotics: Look for a probiotic with Lactobacillus GG and take for 7 days.

Tips for Vomiting:

1. Zofran (Ondansetron) is a prescription medication to help decrease vomiting. Usual dose is 2mg if <15kg, 4mg if >15kg and <30kg, and 8 mg if >30kg..
2. Food: avoid spicy, fried, sugar, processed or dairy.

Hydration Guidelines: DO NOT USE WATER ONLY if your child is not eating, as this will cause electrolyte problems. Breast milk, pedialyte, coconut water, or watered down sports drinks (50:50 ratio water:juice) are ideal. Juice/soda has too much sugar and can make diarrhea worse.

This is a rough idea of the volume your child should be drinking every hour while they are awake, that should get them through the worst 1-2 days of illness. Ideally you need to also keep a general idea of the total volume of vomit and diarrhea that is coming out of your child and add that total volume in rehydration fluid in addition to the minimum recommended volume per hour.

Weight:	Minimum ounces/hour (assuming they sleep 12 hours a day)
10kg(22lbs)	2oz
15kg(33lbs)	3oz
20kg(44lbs)	4oz
30kg(66lbs)	5oz
40kg(88lbs)	6oz

When should you contact your doctor or seek emergency care?

1. For children <1 year of age please call us to go over the symptoms in depth. Often we will have you come in for a baseline weight check as we monitor the illness.

2. Call us ASAP or go to the ER if your child has severe abdominal pain and distended stomach, as this would be concerning for intestinal obstruction that needs to be treated immediately.
3. Vomiting only. If, after 24 hours there is only vomiting and no fever or diarrhea please call us to discuss.
4. Vomiting so much that the child cannot drink anything by mouth in 18 hours.
5. Fever that does not go away after 3 days into the illness.
6. Blood in the diarrhea or vomit.
7. Symptoms of dehydration: inside of the mouth looks dry, no tears when crying, urinating less than every 12 hours, pale color, too tired to feed/drink, walk or move

*** Patient handouts created by Kapa'a Pediatrics are intended to give parents the most common and pertinent facts about a certain issue. If there is ever any concern that your child was given an incorrect diagnosis or is not following the usual expected course for an illness please call us to speak with a physician. (808) 634-8011***