

PARENT EDUCATION AND RESOURCES

Oral Rehydration Therapy

Diarrhea and throwing up (vomiting) are common in children. Diarrhea usually lasts two to three days, but can last up longer. Throwing up usually settles quickly, lasting a day or two.

What Can I Do at Home to Make my Child More Comfortable?

- If your child has a fever or is cranky, give acetaminophen (Tylenol® or Tempra®) or ibuprofen (Advil® or Motrin®) - follow instructions on the bottle (if your child cannot take oral medication, suppositories can be obtained from a pharmacist)
- Continue with small amounts (sips) of fluid even if diarrhea or vomiting continues
- If your child is hungry, give regular food
- If breastfeeding, offer smaller feeds more often
- If bottle feeding, continue normal strength formula
- Give small amounts of fluid often
- Recommended drinks and amounts:
 - Electrolytes (e.g. Pedialyte® or Gastrolyte® (can be purchased at any pharmacy)
 - Watered-down sugar-free fruit juice (1 cup of juice to 4 cups of water)

What Should I Watch For?

Vomiting and diarrhea can lead to dehydration. Signs your child may be dehydrated are:

- More sleepy than usual
- Dry lips, tongue, and mouth
- Cold hands and feet
- Not passing urine (dry diapers)
- No tears when crying

When Should I Seek Medical Care?

You should seek medical care if your child:

- Has not passed urine in 12 hours
- Is unusually sleepy, restless, or cranky
- Has signs of dehydration (listed above)
- Has mucous or blood in diarrhea
- Refuses to drink and continues to have diarrhea or vomiting
- Continues to drink but vomits and is unable to keep fluids down
- **Try to keep your child away from other children until diarrhea has stopped**
- **If your child wants to drink more, that is okay - give small amounts each time**
- **Large amounts of fluid can make diarrhea and vomiting worse**

For more information visit www.HealthlinkBC.ca

In BC dial 8-1-1 for easy access to non-emergency health information and services. TTY (deaf and hearing-impaired) call 7-1-1. Translation services are available in over 130 languages on request.