

## WHAT SHOULD I AVOID?

- Do not give any medication unless prescribed for your child by your doctor.
- Do not give fluids only to your child for more than two days without consulting your doctor.
- Do not add salt or sugar to the fluids given to your child.
- Do not give your child large amounts to drink at one time as this may increase diarrhea or vomiting.
- Do not offer Kool-aid<sup>®</sup> or full strength juices, as these may worsen diarrhea.

## CALL YOUR DOCTOR IF...

- There is no decrease in the amount of diarrhea after 24 hours of fluids.
- Vomiting occurs as well as diarrhea (especially in a baby or child under 2 years of age).
- Your child has stools that are bloody.
- Your child has very dry lips or tongue, or if you are worried your child looks sick.

## OTHER INSTRUCTIONS:

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**SURREY MEMORIAL HOSPITAL**  
13750 96th Avenue, Surrey, BC V3V 1Z2

## Emergency Department

### CARING FOR A CHILD WITH DIARRHEA AND/OR VOMITING

There are many reasons for diarrhea and vomiting. It is important that your child drink enough to replace the fluids lost in the loose stools and/or vomiting. Do not be too concerned if your child does not want to eat. He will eat when he feels better.

Abdominal (stomach) cramping is normal with vomiting and diarrhea.

To help prevent the spread of illness to others it is important to **WASH YOUR HANDS** well:

- after each diaper change
- after helping your child use the toilet/potty
- before handling any food/formula or breastfeeding.

# SMH

## WHAT DO I FEED MY CHILD IF HE HAS VOMITING AND/OR DIARRHEA?

### ON THE FIRST DAY

1. When vomiting and/or diarrhea starts, **STOP** all formula, milk and solid foods, unless your doctor tells you to do otherwise.

#### Breastfed Infants

- Continue to breastfeed. If your infant begins vomiting offer one of the fluids listed below. Start breastfeeding again when no more vomiting.

2. Every 1 - 2 hours, offer your child **small amounts** (1 - 2 ounces) of any of the fluids listed below. Slowly increase the amount as tolerated by your child.

#### Children Under Two Years:

- Pedialyte<sup>®</sup> or
- Lytren<sup>®</sup> or
- Gastrolyte<sup>®</sup> } obtain at your pharmacy

#### Children Older than Two Years:

- Pedialyte<sup>®</sup> Lytren<sup>®</sup> or Gastrolyte<sup>®</sup> (obtain at your pharmacy)
- Gatorade<sup>®</sup>
- diluted pineapple or orange juice (to dilute add 2/3 cup water to 1/3 cup juice)
- broth / clear soup

### ON THE SECOND DAY

After 24 hours of fluids, there should be less diarrhea and vomiting. If this is not the case, return to your doctor.

If the diarrhea and/or vomiting is less, then begin to slowly return to your child's normal diet.

**NOTE:** Some diarrhea is normal with the reintroduction of solid foods.

#### Breastfed Infants:

- Continue with breastfeeding.

#### Baby on Formula:

- Begin to offer your baby diluted formula (1/2 water, 1/2 formula). Use his regular brand of formula, unless your doctor tells you to do otherwise.

#### Restarting solids:

- Small, frequent snacks are usually tolerated better than large meals. Offer soft, easily digested food such as:
  - dry white toast
  - crackers
  - arrowroot cookies
  - plain noodles
  - chapati/roti (made with white flour)
  - dry cereals (no bran)
  - rice cereal
  - mashed potatoes
  - plain meat
  - eggs (not fried)
  - applesauce
  - bananas

Avoid spicy or greasy foods until tolerating above foods

### ON THE THIRD DAY

If the diarrhea continues to decrease, start full strength formula, or in the older child (greater than one year of age) offer milk and milk products in small amounts. Gradually return to a regular diet.

# WHEN YOUR CHILD HAS A FEVER



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**What is a fever?**

A fever is the body's response to infection or illness.

**What is a normal temperature?**

36° - 37° Celcius (97° - 99° Farenheit)

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## How do I check my child's temperature?

1. **INFANTS AND YOUNG CHILDREN** (*up to about 3 years*)
  - place the tip of the thermometer in the middle of the child's armpit and hold the upper arm close to his body so the thermometer is in contact with the skin (axilla)
2. **OLDER CHILDREN**
  - place the thermometer under the tongue (oral)
  - wait 30 minutes after eating or drinking anything hot or cold before taking an oral temperature

\* the length of time to leave the thermometer in place depends on the type of thermometer – see package for directions\*

*If your child cannot hold a thermometer in his mouth for any reason, use the axilla: (armpit)*

## What type of thermometer should I use?

There are many different types of thermometers available at your local pharmacy.

If you are not sure which is best for you, ask your pharmacist for more information.

## When should I check my child's temperature?

1. If your child feels hot to touch or looks red and flushed
2. If your child seems tired, listless or lethargic
3. If your child seems irritable or fussy

## What should I do if my child has a fever?

### **\* DO NOT IGNORE A FEVER \***

1. Use Acetaminophen (eg. Tylenol/Tempra) if your child has a fever.  
*Aspirin products are not recommended for children.*  
The correct dose is based on your child's weight – see package for directions or talk to your doctor or pharmacist.
2. Dress your child in light clothes such as a diaper/underwear and a light t-shirt. Cover with a light sheet or blanket.
3. Be sure your child drinks lots of fluids – cool clear fluids are best (flat gingerale, water, jello, popsicles, Koolaid). Don't worry if your child does not want to eat solid foods; he probably won't be hungry until he is feeling better.
4. Don't give your child a cold bath or alcohol sponge as you don't want your child to shiver.

**Contact your doctor or go to the Emergency Department if any of the following apply:**

- the fever lasts longer than 24 hours
- your child does not respond to Acetaminophen (Tylenol/Tempra)
- your child is less than 2 months old
- your child seems very sick
- your child seems to be in pain (pulling ears, crying inconsolably)
- your child has a sore or stiff neck
- your child is confused, delirious or hard to awaken
- your child has difficulty breathing
- your child has a seizure (convulsion)