

# 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](http://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.