



# Ticket to Healthy Living

## VOMITING



Texas  
Children's  
Health Plan is  
your family's  
ticket to  
health care.



### What is vomiting?

Vomiting is when a child throws up what is in the stomach.

### What causes vomiting?

- Viruses
- Bacteria
- Spoiled food
- Motion sickness
- Eating or drinking too much
- Getting really upset

### Signs you might see

- Fever
- Diarrhea
- Stomach pains
- Vomit might be just liquid or have food particles in it.
- Be aware of dehydration.

### What is dehydration?

- Dehydration is when your body doesn't have enough water.
- Your young children can get dehydrated very fast.
- Watch for these signs of dehydration:
  - Baby - dry diaper for three hours
  - Child - no pee (urine) for 6 or more hours
  - Urine is dark yellow
  - Sunken eyes
  - Dry mouth
  - Crying with no tears
  - Dry skin
  - Call your doctor if your child has any of these signs.

### What to do

- Don't give your child anything to eat or drink for two hours after vomiting.
- Help brush your child's teeth after throwing up.

For a baby younger than 1 year old:

- If your baby is bottle-fed, stop giving formula. You can give a baby Pedialyte, Infalyte or Ricelyte.
- You can start giving formula four hours after your baby stops vomiting.
- After one day, you can return to normal feeding.
- If your baby is breast-fed, continue to breast-feed. Add a bottle of Pedialyte, Infalyte or Ricelyte to your regular feedings.
- After one day, you can return to normal feeding.



# Ticket to Healthy Living

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For a child 1 year or older:

- You can give your child small amounts of clear liquids (Pedialyte, Infalyte or Ricelyte) if he or she has not thrown up for two hours. For older children, you can give them 7-Up that has no bubbles (you can let it sit open for two hours), Jello, Gatorade or popsicles. If your child doesn't throw this up, you should double the amount every hour.
- After eight hours of no vomiting, you can start giving your child soft foods (dry toast, bananas, mashed potatoes, applesauce, rice).
- After one day, you can return to normal feeding, but stay away from milk, meat and greasy foods for a few days.

### When to call your doctor

- A baby 3 months old or younger is throwing up.
- Eyesight is blurry.
- There is blood in the vomit or it looks black.
- Your child has stomach pain.
- Your child has not urinated in six hours.
- It hurts the child to urinate.
- Your child has a very bad pain in and around the eyes.
- Child vomits after an accident or being hit on the head.

### More information

- Don't give your child any over-the-counter medications unless your doctor tells you to do so.
- Keep a bowl or trash can near your child in case he needs to throw up again.
- Stay calm and be patient with your child. Throwing up can scare a young child.
- Change your child's clothes.



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