

Vomiting and Diarrhea Instruction Sheet

(This is only a reference sheet to be used under your White's Pediatrician or Nurse Practitioner's recommendation)

First:

- Stop all milk and milk products
- Stop all fried, greasy, or fatty foods
- Stop all foods and liquids for _____ hours

Then:

1. FLUIDS-clear fluids for _____ hours. Use 1 ounce (30ml) every hour or 1 tablespoon every 10 minutes, and then slowly increase amounts and times between feedings. (7up, Pedialyte, ginger ale, Gatorade, rice water, Popsicles, diluted Jell-O water).
2. 1/2 STRENGTH-diluted formula for _____ days. Mix 1/2 regular strength formula (Isomil, Prosobee, Isomil DF, etc) with 1/2 water. FOODS - applesauce, rice cereal, bananas, strained carrots, toast, and crackers (age appropriate).
3. 3/4 STRENGTH-diluted formula for _____ days. Mix 3/4 strength formula and 1/4 water. OTHER FOODS - pears, rice krispies, saltine crackers, dry white toast, mashed potatoes, noodles, strained carrots.
4. REGULAR DIET - resume child's normal diet and formula SLOWLY.

WARNING SIGNS FOR DEHYDRATION!!

Call your doctor if your child is urinating less often, mouth is dry to touch, child is listless, child continues to vomit, or diarrhea continues in spite of change in diet.

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