

GASTROENTERITIS

Current Anticipatory guidance Recommendations and Education (CARE)

What is a Gastroenteritis?

- Gastroenteritis is an infection of the gastrointestinal system (stomach and bowels) that causes diarrhea and vomiting.
- Sometime kids will have more vomiting, and some will have more diarrhea
- Gastroenteritis is similar to a stomach bug with food poisoning but usually is caused by a **Virus** not food
- There are no medications to get rid of the virus and this needs to run it's course but there are things you can do to help

What should I expect?

- Some kids have abdominal (belly) discomfort and this is often around the time they vomit
- Vomiting and diarrhea may continue for around a week to 10 days
- Fevers can last for about 3 to 4 days
- Many children develop headaches when they are sick
- Diarrhea can cause diaper rash, and even a small amount of bleeding from irritation.

What can I do for my child?

- Sometimes medication can help with the vomiting especially in older children
- Medications for diarrhea - even over-the-counter medications - may make symptoms worse and do not help and are not recommended.
- Antibiotics may also make things worse if the cause of the diarrhea is not known
- Try to keep the child **hydrated** by offering small amounts of clear fluids frequently
 - Infants <6months (Pedialyte, oral rehydration solution, or breast milk; NO Plain WATER)
 - Offer 1/4-1/2 oz every 15-30 minutes.
 - If no vomiting, increase slowly to normal amount.

*Did you know?

TYLENOL = ACETAMINOPHEN
MOTRIN, ADVIL = IBUPROFEN

Many medications have more than one name because of generic and brand name types.
Generic and brand types work the same
Ibuprofen/Motrin may only be given to children over 6 months

- If no vomiting for 8 hours, try small amount (1/2 oz) of formula & slowly increase to normal amount).
- Infants > 6 months & older children (Pediatlyte, Oral rehydration solution, breast milk, Gatorade; NO MILK Products)
 - Offer 1/2-1 oz every 30 minutes.
 - If no vomiting, increase slowly to normal amount.
 - If no vomiting for 8 hours, try bland food (crackers, toast, broth, rice, bread).
 - If no vomiting for 24 hours, OK to start regular diet.
 - Avoid milk products for 2-3 days after last episode of vomiting.

- Feed normally if they are having diarrhea only.

- Watch how often and how much your child has wet diapers or pees. They will pee less , but should go 3-4 times per day. Vomiting may seem worse but diarrhea leads to more dehydration

- Watch how often your child is peeing to ensure they are staying hydrated. This may be a little less than normal but if there are no diapers for 6 - 8 hours or no peeing, your child may need to get checked out

- Change diapers frequently to avoid diaper rash.

You may also leave children out of their diapers for a short period to allow some drying.

- This may be spread from person to person so **good hand washing and cleaning home surfaces** is very important.
- Avoid daycare or other children around until 24 hours without diarrhea or vomiting.
- When your child is feeling better you can start foods such as bananas, rice, apple sauce and crackers and continue with electrolyte solutions.
- Dairy foods such as milk and cheese or heavy and fried foods may be hard on the stomach to start

How long with my child be sick for?

- Diarrhea and vomiting may take a while to get better sometimes up to 7 to 10 days
- Fevers should go away in about 3 to 4 days

When should I get immediate attention?

Did you know?

ANTIBIOTICS DON'T TREAT VIRAL INFECTIONS.

Overuse of antibiotics can make future bacteria infections more difficult to treat.

- All kids should **follow up with their regular doctors** a few days after being in the Emergency Department
- If your child has constant or severe pain in their belly
- Signs of dehydration
 - Fussy behavior that cannot be calmed
 - Unable to drink anything and vomits all fluids
 - No peeing or urination in 8 -10 hours or less than 2 wet diapers per day
 - Worsening sleepiness, sunken eyes, no tears when crying
- If vomiting is green in a baby
- If your child has trouble breathing
- If your child has bloody vomit or diarrhea