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Dealing With Diarrhea & Vomiting

- Most cases of diarrhea are **viral in nature** and can present with **fevers** and **vomiting**.
- Infectious Diarrhea can last **2 weeks**.
- **Dangerous diarrhea** like salmonella or shigella usually presents with **high fevers and bloody** diarrhea.
- One of the most common complications of diarrhea is **dehydration**.
- Children and adults with diarrhea can not digest milk well and can have more pain and loose stools when they eat dairy products.
- Patients with diarrhea loose large amount of salt and water (electrolytes) in their stools.

What Should You Feed Your Child With Diarrhea

1. **BRAT DIET**- Bananas, Rice, Applesauce, Toast
2. **Hydrate well** with **Pedialyte** (if not available, can try with Gatorade, Powerade, Vitamin Water) they will **replenish the lost electrolytes**.
3. **Avoid Milk** - at all costs!!!
4. **Yogurt may help** - the probiotics found in yogurts help stop the diarrhea
5. **Probiotics** - can be purchased over the counter at your pharmacy
6. **Avoid** fatty or fried foods.
7. **Avoid acidic foods** - like fruits, tomato sauce, pizza.
8. **Change your child's diapers often** to prevent diaper rashes.
9. **Use** Vaseline, A & D Ointment, Buttpaste, Desitin or Balmex after air drying the diaper area.
10. **Avoid wiping the diaper area with wipes** to keep the skin intact - use lukewarm water.
11. **Chicken Broth** and **Saltines** are also o.k to give

If Your Child Starts to Vomit:

- If they vomit once** - stop giving solid foods - start by giving pedialyte or gatorade slowly.
- If the vomiting repeats a few times** - sit next to your child for an hour and give one teaspoon of pedialyte every 5 minutes - not faster!!! this way, your child will absorb all the fluids before they have a chance to vomit. **This step is the most important!!!!**
- After doing this for a few hours, slowly try to give them crackers or saltines and if they tolerate this, you could advance the diet.
- If your child continues to vomit** despite having 5 minute breaks - call your doctor - they may be severely dehydrated.