



Howden Medical Clinic

Urgent Care/Family Practice/Cosmetics

375 Howden Blvd, Unit 2
Brampton, ON L6S 4L6
www.HowdenMedicalClinic.com

Phone: 905-790-2666
Fax: 905-459-5000
Email: info@howdenmedicalclinic.com

DIARRHEA AND VOMITING

Causes

Most diarrhea is caused by gastroenteritis, which is simply an infection of the gut. Long term diarrhea affects the bodies fluid and chemical levels. Often resulting in dehydration, too much dehydration often requires special treatment at a hospital. In most cases, however, dehydration can be prevented by treatment at home.

- There are many reasons for diarrhea and vomiting. What is important during such a time is the person or child to get fluids to his/her body in order to replace what is lost by sickness.
- If the diarrhea and vomiting persists or if you are worried- particularly in a baby or young child- DO NOT WAIT- check with the Howden Medical Clinic or you local Emergency Department.
- **First day:** When your child starts to vomit or have diarrhea, then stop all food and milk. Give only diluted clear fluids such as sugar and water, apple juice, clear tea, Jell-O, ginger ale without bubbles, Hydralyte, Pedialyte or Gastrolyte (available at pharmacies), etc., for 24 hours (1/2 oz. Water to 1 oz. Ginger ale). **Things to avoid:** Any caffeine containing drinks (tea, coffee, colas) butter, margarine, and milk products, with the exception of yogurt.
- When the intestines are upset (e.g. infection), food and milk are irritating. The giving of clear fluids allows time for the intestinal lining to heal. If breast feeding- you may continue. Do not give medication unless directed by a physician.
- **Second day:** When the clear fluids have been given for 24 hrs and the diarrhea and vomiting is much less, then add soft foods to the diet as apple sauce, crushed ripe bananas, rice pablum and crackers.
- **Third day:** If the diarrhea and vomiting has stopped then gradually start a normal diet leaving milk to the last. Don't worry about the appearance of food particles in the stool period. Diarrhea may increase on starting solid foods.



Howden Medical Clinic

Urgent Care/Family Practice/Cosmetics

375 Howden Blvd, Unit 2
Brampton, ON L6S 4L6
www.HowdenMedicalClinic.com

Phone: 905-790-2666
Fax: 905-459-5000
Email: info@howdenmedicalclinic.com

Symptoms of Concern:

- Excessive drowsiness
- Neck stiffness
- Severe headaches
- Constant or sharp stomach pains
- Excessive blood in the diarrhea
- Vomiting that continues after following instructions on this sheet
- Diarrhea for more than 3 days

If there are any other symptoms that are a concern to you contact or return to an Emergency Department.