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• Home management of VOMITING: 0 - 6 months.

Vomiting in infants is usually a manifestation of a stomach viral infection known as **Viral Gastritis**, when diarrhea is also present it is called **Viral Gastroenteritis**. Sometimes, vomiting is an important clinical sign of several surgical emergencies in infants. Commonly, occult Urinary Tract Infection in infants, especially girls, may cause vomiting. Less frequently, intestinal bacteria and parasites may produce vomiting.

Anti-emetic medications are not very effective in Pediatrics, in fact they may cause undesirable side effects. However, sometimes the pediatrician will prescribe anti-emetics after a careful evaluation of the baby.

The main goal is to prevent dehydration by stimulating the intake of clear liquids and oral rehydration solutions. If the baby does not improve, then oral intake intolerance is diagnosed and a hospital admission for prompt IV fluid hydration is warranted.

• 0 - 3 months:

At this age, a baby with vomiting must be assessed by the pediatrician to rule out a serious intestinal illness.

• 3 - 6 months:

- a) Stop formula or breastfeeding, introduce an oral solution, PEDIALYTE, or apple juice diluted  $\frac{1}{2}$  strength with water, **4 oz every 2-4 hr x 8 hr.**
- b) If clear liquids are well tolerated, re-start breastfeeding or use soy formula, ISOMIL-DF, **4 oz every 2-4 hr x 8 hr.** Use this formula x 3 -5 days.
- c) After 12-24 hr, follow with rice cereal, applesauce or banana.