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• Home management of VOMITING: 6- 12 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.

Steps:

- a) Stop solids, formula and/or breastfeeding x 12 hr, introduce an oral solution, **PEDIALYTE, 4 oz every 2 hr x 12 - 24 hr**, other alternatives are apple juice, jello water and Gatorade ®, all diluted $\frac{1}{2}$ strength with water.
- b) If clear liquids are well tolerated, re-start breastfeeding or use soy formula, **ISOMIL-DF , 4 oz every 4 hr**. Use this formula x 3 - 5 days.
- c) If formula and breast milk are well tolerated after 24 hr, follow with rice cereal, applesauce, banana, steamed potatoes, steamed rice, steamed chicken white meat, steamed noodles.