



Diarrhoea and Vomiting in Children

Gastroenteritis is a very common and infectious illness. The main symptoms are vomiting and diarrhoea (loose watery stools). This is usually caused by a virus and most episodes clear without medical treatment. Severe vomiting and diarrhoea may cause dehydration.

Common Symptoms

- Vomiting usually lasts 1-2 days
- Diarrhoea usually lasts 5-7 days
- Refusal or reluctance to eat or drink
- Fever
- Tummy ache
- More sleepy than normal

Signs of Dehydration

- Profuse vomiting (not keeping any fluids down)
- Going 10 hours without passing urine
- Dry mouth, tongue, lips or no tears when they cry
- Sleepy or floppy child
- Sunken soft spot on top of babies head

Things that will help:

Give paracetamol (Calpol) for tummy ache or fever

Give plenty of sips of drinks especially if there is persistent vomiting

Give water or dilute juice if your child will tolerate it

Try oral rehydration therapy that can be bought from the pharmacy

Protect the skin on the nappy area with barrier cream to prevent nappy rash.

Continue Breast feeding

Return to normal diet as soon as your child will take it but drinking is more important.

Things to look out for:

Please return to the Emergency Department if you child develops any of the symptoms below:

- Signs of dehydration
- Blood in vomit
- Blood in stools
- Foreign travel in last 2 weeks
- Contact with farm animals in last week

How to prevent Diarrhoea and Vomiting

- Wash hand thoroughly before preparing or eating food
- Wash hands thoroughly after using the toilet or changing nappies
- Wash hands after playing with pets

When can your child return to school or nursery?

Children can return to school or nursery when they have had no diarrhoea or vomiting for 48 hours.

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.

If you have any comments about this leaflet or the service you have received you can contact :

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

www.cht.nhs.uk

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔