



Children's Health

Digestive Problems

HOW TO GET RELIEF

TIPS TO EASE DIARRHEA

- For breast-fed infants, continue to breast-feed and supplement with electrolyte solutions.
- For formula-fed babies, switch to electrolyte solutions and reintroduce formula within 24 hours.
- For older children, give only liquids, such as electrolyte solutions, for 12 to 24 hours. After this period, reintroduce solid foods, such as rice cereal, applesauce, dry toast, plain crackers and skinless chicken. Avoid feeding your child spicy foods and foods high in fiber and sugar right after he has diarrhea.

CALL THE DOCTOR IF...

- your child is under 4 years old and the diarrhea is severe and lasts for more than 24 hours.
- the diarrhea is bloody, tarry, black or dark red.
- urine becomes brown.
- vomiting occurs with a severe headache, sleepiness, lethargy or stiff neck.
- signs of dehydration appear (sunken eyes or soft spot, little or no urine output, dark yellow urine, rapid heartbeat, intense thirst, lethargy, dry mouth and pale, doughy skin).

TIPS TO RELIEVE VOMITING AND NAUSEA

- Avoid feeding your child solid foods for the first 24 hours.
- Give your child clear liquids: electrolyte solutions for babies, flat soft drinks, water and popsicles for older children.

CALL THE DOCTOR IF...

- vomiting lasts more than 12 hours in children over 6 months of age and more than six hours in children younger than 6 months old.
- signs of dehydration appear (sunken eyes or soft spot, little or no urine output, dark yellow urine, rapid heartbeat, intense thirst, lethargy and doughy skin).
- the vomiting is accompanied by a stiff neck, headache or severe pain around one eye.
- your child has severe abdominal pain that lasts for more than three hours and hasn't been relieved by rest or vomiting.
- your child's vomit is greenish or streaked with blood or looks like coffee grounds.
- your child is not drinking anything or is vomiting everything he drinks.

TIPS TO END CONSTIPATION

- Have your child drink plenty of fluids—at least eight glasses each day.
- Feed your child high-fiber foods, such as whole-grain breads, cereals and pastas and fresh fruits and vegetables.
- Avoid feeding your child dairy products.
- Encourage your child to exercise.

CALL THE DOCTOR IF...

- your child has blood in the stool.
- your child has a tear in the rectum.
- your child is experiencing pain with bowel movements.
- your child is vomiting.
- your child goes more than four days without a bowel movement.
- your child has recurrent constipation.