

# When should I bring my child back to hospital?

## If your child:

- Has signs of severe dehydration such as being unusually sleepy or difficult to wake up, having sunken eyes, or becoming pale or floppy.
- Has green (not yellow) vomit.
- Has blood in their poo (stools) and you can't get hold of your child's GP.
- Has signs of a more serious infection or illness such as:
  - breathing faster or harder than usual, or pauses in breathing.
  - pale, blue, or mottled skin or feels unusually cold to touch.
  - Weak, high-pitched cry or can't be settled.
  - Has a fit (seizure).
  - Has a rash that does not disappear with pressure (the 'Glass Test').
  - Is under 3 months old with temperature more than 38°C or under 36°C.

**Phone 999 for an ambulance  
or go straight to the nearest  
Emergency Department**

## Useful numbers

**Practice Plus (Brighton walk-in centre / GP service) 0333 321 0946**

Open every day from 8am to 8pm, including bank holidays.

[www.practiceplusbrightonstation.nhs.uk](http://www.practiceplusbrightonstation.nhs.uk)

**For out of hours GP service or advice ring NHS 111**

**Royal Alexandra Children's Hospital**

**01273 696955 Ext. 62593**

**Children's Emergency Department**

**Please be aware that CED staff will not be able to give you medical advice for your child over the phone but can direct you to an appropriate service to assist with your enquiry.**

This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

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The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.



**NHS**

University  
Hospitals Sussex  
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the  
**alex**

**Diarrhoea  
and vomiting**

Children's Emergency Department



## My child has diarrhoea and vomiting

Diarrhoea and vomiting is very common in children and is usually caused by a stomach bug, also known as gastroenteritis. Most children get better after a few days however the diarrhoea can last up to 3 weeks.

During your child's illness it is very important that they have plenty of fluids and enough sugar to prevent them from getting dehydration or a low blood sugar, which are the main reasons for children to need hospital treatment for gastroenteritis.

### What should I do at home?

- Continue to offer your child their usual feeds, including breast or other milk feeds.
- Encourage your child to drink extra fluid and offer small amounts often.
- Avoid giving your child just water as this does not contain any sugar. You can give them dilute clear apple juice (mixed 50/50 with water) or an oral rehydration solution (e.g. Dioralyte™) if advised by a health professional.

- Avoid giving fizzy drinks as this can worsen their symptoms.
- You can give your child their usual diet but they may not feel like eating until their symptoms settle. Providing your child is having milk feeds or drinking plenty, they won't come to any harm from this.
- If your child has stomach cramps, you can give them liquid paracetamol or ibuprofen. Always follow the manufacturers' instructions for the correct dose.
- Ensure you wash your hands after nappy changes and your child washes their hands after going to the toilet and before touching food, as stomach bugs are often highly contagious and can spread through families and nursery or school.

#### If your child is:

- drinking plenty.
- Passing urine regularly.
- Alert and responsive.

You can continue to care for them at home using the advice provided.

**If your child does not get better after one week contact your GP**

## What should I look out for at home?

### If you notice that your child:

- Is not passing much urine or is having fewer wet nappies than normal.
- Has dark coloured or strong-smelling urine.
- Is refusing to drink or is unable to keep any fluids down.
- Has blood in their poo (stools).
- Has severe or constant tummy pain.
- Is getting worse or you are worried.

**Your child should see a nurse or doctor today. Please ring your child's GP surgery or call**  
**NHS 111**