

When should I bring my child back to hospital?

If your child:

- Has signs of severe dehydration such as being unusually sleepy, having sunken eyes, or becoming unresponsive or floppy
- Is breathing faster than usual
- Has green (not yellow) vomit
- Has blood in their poo (stools) and you can't get hold of your child's GP.

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

Useful numbers

Practice Plus

(Brighton walk-in centre / GP service)

0300 130 3333

Open 8am till 8pm - 7 days a week including bank holidays

www.practiceplusbrightonstation.nhs.uk/

For Out of Hours GP Service ring
NHS 111

Royal Alexandra Children's Hospital

01273 696955 Ext. 2593

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.

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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.

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Diarrhoea and vomiting

Children's Emergency Department

My child has diarrhoea and vomiting

Your child has attended the hospital with diarrhoea and vomiting. We have assessed them and feel they are well enough to go home.

Diarrhoea and vomiting is usually caused by a stomach bug and can be highly infectious. Most children get better after a few days however the diarrhoea can last up to 3 weeks. The most important thing is for your child to have plenty of fluids to prevent them from getting dehydrated.

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 plenty of fluids and offer small amounts often.
- Avoid giving fizzy drinks and/or fruit juices as this can worsen their symptoms.
- Give an oral rehydration solution (e.g. Dioralyte™) if advised by a health professional.

- 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.

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 or telephone NHS111 for advice

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)
- Is irritable or lethargic
- 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