

What is green vomiting?

Green vomit (bilious vomit) is vomiting of green or yellow fluid from a baby's stomach.

It is **NOT NORMAL**

It may indicate an underlying issue that requires **urgent** medical attention

REMEMBER



Bilious vomiting is **NOT NORMAL** and requires urgent medical attention!



Trust your instincts as a parent. If you're concerned seek medical attention **urgently!**



Early intervention can prevent complications!

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**VOMITING
GREEN.
GO GET
SEEN!**

Signs and Symptoms

- ☒ Vomiting
- ☒ Abdominal distension
- ☒ Lethargy
- ☒ Irritability
- ☒ Poor feeding

WHAT TO DO

1. Stay calm!

While it can be worrying, remember that prompt medical attention is vital!

2. Observe your baby

Note the frequency and colour of the vomits.

Frequent and recurring vomits coloured Lemon to Spinach on the chart below are **abnormal** and require medical attention.

3. Go to your nearest A+E!

Do not delay seeking help, especially if the baby is showing signs of distress or dehydration.

	Milk
	Lemon
	Lime
	Avocado
	Pea
	Spinach