

# MYRTLE AVENUE Pediatrics



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## DIARRHEA

- Diarrhea is a common childhood disease lasting 3 to 10 days.
- The major concern is dehydration from excess fluid loss.
- Prevention of dehydration requires appropriate fluid intake

### What should my child drink?

- Good choices include **Pedialyte** or **Gerber Replenish**, both available over the counter.
- These liquids contain the valuable water, sugar, and salt that has been lost
- Do **NOT** give plain water.
- **AVOID** sugary drinks like juice, which can make diarrhea worse

### How much should my child drink?

- Children need at least twice as much fluid as they would normally drink.
- For the first 4 to 6 hours, a 1 year old needs 4oz per hour or 1oz every 15 minutes.
- After that, let them drink what they want.
- Oral re-hydration solution **alone** is **NOT** appropriate for more than 24 hours.

### What if my child is vomiting?

- For repetitive vomiting, rest the stomach for 15 to 30 minutes.
- Offer re-hydration solution in very small amounts, 2-3tsp every 5 minutes.
- Slowly increase the amount of fluid as tolerated.

## Does my child need medication?

- No. Most children get better without medicine.
- Some medications can be harmful so please call the doctor before giving.
- The most important treatment is fluid re-hydration.

## Can my child eat?

- Yes. Eating is important but decreased appetite can coincide with the diarrhea illness.
- Follow the protocol below for an age appropriate diet.
- Returning to a regular diet as soon as possible is important.

## Diarrhea Protocol

### Infants

- Breastfeeding is continued throughout.
- Re-hydration solutions like **Pedialyte** or Gerber **Replenish** in small amounts. After this, try 1 or 2 feedings of half strength formula. Full strength formula should be started **within 24 hours** of beginning oral re-hydration solutions.

### Children

- **Pedialyte** or **Gerber Replenish** are best, but other fluids like water, Kool-aid, Popsicles, Jell-o, broths, watered down Gatorade are OK.
- **Solid foods:** Rice, potatoes, noodles, crackers, toast, bananas, rice cereal, Cream of Wheat, oatmeal, unsweetened cereals like Cheerios
- **AVOID** fruit juice, sweetened cereals, ice cream, and fried food.

## When should I call the Doctor?

- Your child is less than 6 months old.
- Signs of dehydration: Sunken eyes, bloody diarrhea, severe stomachache, dry mouth, urinating less, no tears when crying, unusually sleep or fussy.