

# Gastroenteritis in children

*Thank you for choosing to be treated at BNE.*

Your doctor is satisfied that you are well enough to go home. This information sheet will provide you with additional information to assist you with further recovery.

## Warning signs

Please return to the **BNE** or visit your GP without delay if you experience any of the following:

- Persistent vomiting
- If your child is unable to keep fluids down
- Diarrhoea that is increasing in frequency, loose bowel motions or blood in their stool
- Signs of dehydration such as drowsiness or lethargy, dry mouth, sunken eyes, decreased or no urine passed for 8 to 12 hours
- Dry skin, mouth or tongue.

## Management at home

Gastroenteritis is an infection of gastrointestinal/bowel lining, that causes vomiting and diarrhoea. Other symptoms include abdominal pain and fever. Vomiting may last for 2–3 days but the diarrhoea can last a bit longer.

The most common cause of gastro is viral or bacterial infection and it usually doesn't require medication.

The most important treatment is the replacement of body fluids to prevent dehydration.

### DO NOT

- Give diluted fruit juices, cordial or sports water as these can make diarrhoea worse.
- Dilute formula for infants under 12 months old.
- Withhold fluids from a thirsty child even if it makes the diarrhoea worse.

### AVOID

- Solid food until diarrhoea and vomiting has ceased.

### DO

- Give your child small, frequent amounts of clear fluids such as water or electrolyte replacement fluid such as *Hydralyte* (available from a pharmacy).
- Increase the frequency you breast feed your child and supplement with clear fluids.
  - **under 6 months old:** give 30–50mls every hour in little increments.
  - **6–24 months old:** give 60–90mls every hour in little increments.
  - **over 2 years:** 90–120mls every hour in little increments.
- Gradually introduce food, beginning with bland food such as toast or rice once the diarrhoea and vomiting has ceased.

## Prevention

- Regular hand washing with soap and water limits the spread of gastroenteritis.
- Wash your hands prior to eating, meal preparation and after a nappy change and toileting.
- Avoid contact with others to stop the spread of illness.
- Avoid sharing drinks, food and utensils.

*Please call us or return to BNE if you have any concerns. Alternatively, your GP has received information regarding your visit to **BNE** and can address any concerns you may have.*

*Please come back to see us for your follow-up care and treatment.*

**627 Rode Road Chermside**

*Located between The Prince Charles and St Vincent's Private Hospital Northside.*

**[www.emergencyBNE.com.au](http://www.emergencyBNE.com.au)**