

need to restrict food and if your child is hungry at any time, give them the food they feel like eating. If your child vomits quickly after food is given, return to milk or clear fluids. Do not stop food for more than 24 hours.

What else do I need to do?

- Your baby or child is infectious so wash your hands well with soap and warm water, particularly before feeding and after changing nappies
- Keep your child away from other children as much as possible until the diarrhoea has stopped
- Your baby's nappy area may become quite sore and you should change the nappy as soon as it is dirty and use a good barrier cream
- Your child should not go back to nursery/school until 48 hours after their last runny poo and should not go to a swimming pool until two weeks after the diarrhoea has settled.

People you can contact are:

GP Surgery on:

.....
(Please insert your own surgery number here)

GP Out-of Hours: (After 6.30pm and before 8am). Ring **111** and you can speak to a doctor. If necessary, your child can be seen at one of their centres.

Bristol City Walk-in Centre at Broadmead Medical Centre (above Boots) on: **0117 954 9828** (Mon-Sat 8am-8pm, Sundays & Bank Holidays 11am-5pm)

South Bristol NHS Community Hospital Urgent Care Centre on: **0117 342 9692** (Every day 8am-8pm)
Visit www.nhs.uk to find your nearest centre.

If your child is seriously ill, you may be asked to attend the Children's Hospital Emergency Department.

For further copies of this leaflet, or if you would like it in other formats or languages, please contact 0117 900 2384.

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Parent's guide to diarrhoea and vomiting



What is gastroenteritis?

It is an infection of the stomach which causes diarrhoea (runny, watery poo) and often vomiting with some tummy ache and fever. The vomiting usually settles within a day or two but the diarrhoea can last for up to 1-2 weeks.

What causes Gastroenteritis?

It is usually caused by viruses and occasionally by bacteria but most children do not need any antibiotics or other medicines.

Contact your GP or call 111

- If your baby is under 6 months as they can become dehydrated (lose too much fluid) more quickly
- If your child has not drunk anything for over 12 hours and still has vomiting and/or diarrhoea
- If your child has not passed urine in over 12 hours
- If your child has a very bad and persistent stomach pain (despite Paracetamol)
- If there is any blood in the poo or any green vomit
- If your child has a high temperature (more than 38°C if under 3 months or over 38.5°C if over 3 months)
- If the diarrhoea (more than 6 watery motions per day) continues for more than 10 days
- If your child has recently travelled abroad
- If you are worried about your child for any other reason.

Call 999

You should call an ambulance immediately if your child:

- Is lifeless, unconsciousness, drowsy or difficult to wake
- Is confused or unaware of their surroundings
- Has mottled skin
- Has unusually cold extremities (hand and feet)

- Is breathing much more quickly than normal
- Has a heart rate much faster than normal or a weak pulse.

How can I help my child?

- The main treatment is to keep offering fluids and it is important to continue even if the diarrhoea seems to get worse
- If your child is breast fed they should be encouraged to continue breast feeding
- If your child is bottle fed, give clear fluids (water or oral rehydration fluids that you can buy at the chemist) for the first 12 hours and then give normal strength formula milk in small, but more frequent amounts
- If breast feeding or formula is not tolerated by your child then continue giving oral rehydration fluids instead
- You should try to give 3-5 mouthfuls of fluid every 10-15 minutes to all babies and children with diarrhoea or vomiting. They should also be given this a few minutes after each vomit or episode of diarrhoea
- Do not give medicines to reduce the vomiting and diarrhoea as they do not work and may be harmful
- Your child may refuse food at first. This is not a problem as long as they continue to take fluids. There is no

