



My child has diarrhoea (runny poo) and vomiting (being sick) (D&V)

Parent/carer advice sheet

D&V is very common and usually settles within 5-7 days. It is usually caused by “bugs” in the stomach which can be easily passed on to other members in the family. D&V is a common side effect of many medicines, especially antibiotics.

What can I do if my child has diarrhoea?

- Make sure you give them plenty to drink.
- Keep giving them drinks in frequent small amounts even if they are vomiting. If they continue to vomit all drinks given straight away or after a few minutes they can get dehydrated and should be seen by a doctor.
- It is good to give your child a few sips frequently rather than a full drink all at once.
- Give paracetamol (calpol) if your child has a high temperature or has tummy ache
- If your baby has D&V you can continue breast or bottle feeding as normal. Offer your baby additional sterile water between feeds.
- If your child is hungry and wants to eat that's fine.
- You can introduce their normal solid food as soon as they want to eat.
- Wash your hands thoroughly especially after going to the toilet, changing nappies or before handling food and encourage your child to do the same.
- Please see your pharmacist (chemist) if you need further advice about fluids.

When should I take my child to see a doctor?

- If they are vomiting all drinks straight back up and you have already tried giving smaller amounts more frequently for several hours without success.
- If you have recently been abroad (Especially to places like South America, Africa and Asia).
- If the diarrhoea lasts more than 7 days.
- If vomiting lasts more than 2 days.

You should see your doctor if you see the following signs:

- More sleepy than normal or floppy.
- Dry lips (and sometimes tongue as well).
- No wet nappies or passing of urine for over 6 hours.
- Any blood in the stools.