

Vomiting

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When your child vomits, his stomach contents are forced up his esophagus and out of his mouth. Some of its causes include: viral stomach illness (gastroenteritis), irritation of the stomach, food poisoning and urinary tract infections. In some cases, vomiting can be a symptom of a serious condition, such as blockage of the digestive tract, disruption of the balancing mechanism in the inner ear, a concussion (head injury) and an infection in the brain.

Since your child may lose a substantial amount of fluid with vomiting, especially if the vomiting lasts for more than 24 hours and is accompanied by diarrhoea, he may be at a high risk of becoming dehydrated. Dehydration if left untreated, can be life threatening (refer to previous page on dehydration).



Watch Out For

Bring your child to the doctor if your child:

- ▶ Has vomited repeatedly.
- ▶ Throws up greenish-yellow liquid (bile).
- ▶ Has fever or headache.
- ▶ Has vomited blood (bright red, brown or black in colour).
- ▶ Feels drowsy and light-headed.
- ▶ Refuses to eat.
- ▶ Shows signs of dehydration.



What to Do

- ▶ Allow your child to vomit. Don't suppress the vomit.
- ▶ Turn your child's head to face down over a basin/towel to prevent him from inhaling his vomit.
- ▶ Comfort your child while he is vomiting.
- ▶ Make sure that your child drinks plenty of fluids after the vomiting has subsided to avoid dehydration.
- ▶ Feed your child smaller and more frequent meals, such as 4-5 smaller meals rather than 2-3 large meals a day.
- ▶ Ensure your child does not eat solid food until his vomiting subsides.
- ▶ Do not delay seeking medical help if the symptom persists.