

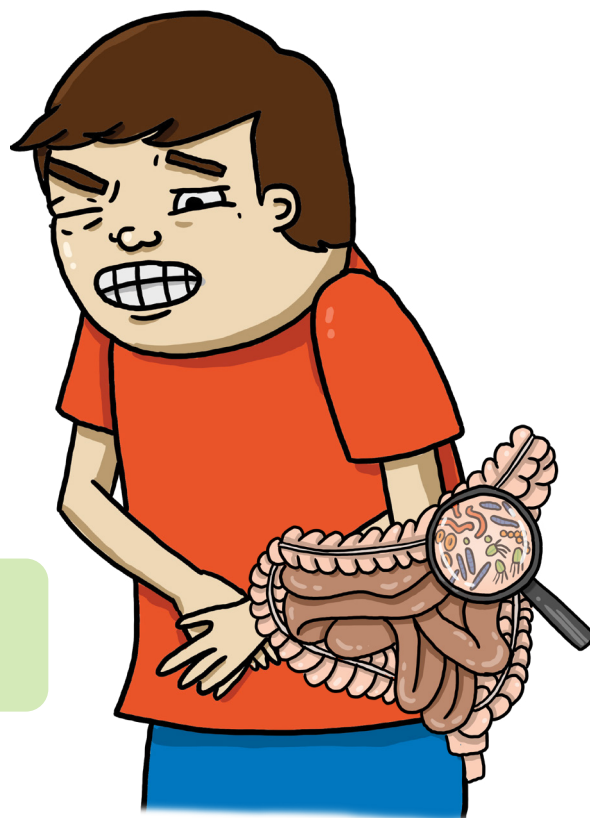


Gastroenteritis or gastro (gas-tro-en-ter-i-tis)

Gastroenteritis is a stomach and intestine infection from a virus. Sometimes bacteria or a parasite causes vomiting and diarrhoea/runny tummy.

Keep them at home away from other children as much as possible. No school or day-care.

Gastroenteritis is easily spread and can last up to 10 days. Everyone needs to wash their hands with soap and water after going to the toilet and wash hands after you have changed bub's nappies.



Good to know

Some alcohol hand gels don't kill some gastro bugs, soap and water is best.

Bub can get dehydrated (de-hy-dra-ted) quickly from diarrhoea and vomiting.

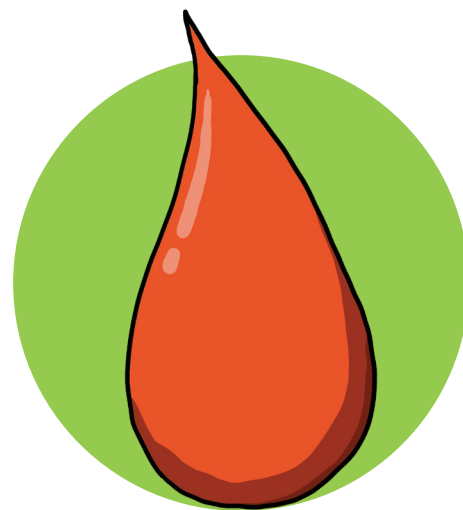
See GP, health clinic or go to the hospital if:



Bub is less than 3 months old; they can get sick very quickly



Continually vomiting and cannot keep down fluids

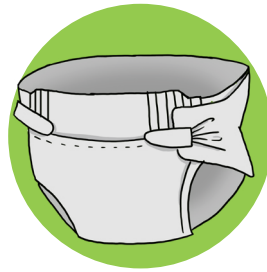


Has lots of watery poos or if poo has blood in it

Or they are dehydrated

Signs bub maybe dehydrated:

- dry mouth or has no tears when crying
- sunken eyes, checks, soft spot of their head
- sleepy, no energy or upset
- dry nappies for 3 hrs or more.



Teen signs of dehydration



Dry or sticky mouth and thirsty



Sunken eyes



Dark pee/ urine



Dry itchy skin and craked lips



Fast heart beat or breathing

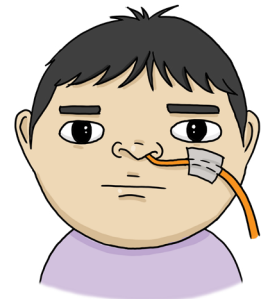


Muscle cramping, headache or dizziness

Emergency department treatment

Bub will be given a rehydration solution (Hydrolyte) by mouth or nasogastric tube. You can buy rehydration solutions like Hydrolyte from chemists, there are different types to choose, follow the instructions on the pack.

When back at home, bub will have diarrhoea/ runny tummy and vomiting for 1 to 2 days or longer this should slow down or stop, over 3 to 4 days. Poos will start to firm up and reduce.

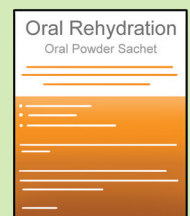


Tips to help bub



Bub will **need fluids** titi milk/mimi milk, formula, water or rehydration solution often.

No sugary drinks like fruit juices or cool drinks, they can make diarrhoea/ runny tummy worse.



If bub had rehydration with a **nasogastric tube**, they may not drink at first as they may **not** be thirsty.



If bub **continues** to vomit, give them **small drinks** often like every **10-15 minutes**.

If vomiting slows down and bub wants to drink more let them. They can have more to drink but less often. If the **diarrhoea/ runny tummy continues**, they will need **extra fluid**.

Below is the suggested amount of fluid bubs need while awake.

Bub's Weight	Fluid per hour while awake	When vomiting give every 10 mins	Extra fluid for every large diarrhoea
8 – 10 kg	40 – 50 ml	10 ml	80 ml
10 – 12.5 kg	50 – 60 ml	10 ml	100 ml
12.5 – 15 kg	60 – 75 ml	15 ml	120 ml
15 – 17.5 kg	75 - 90 ml	15 ml	150 ml
17.5 – 20 kg	90 – 100 ml	20 ml	175 ml
20 – 30 kg	100 ml	20 ml	200 ml
30 – 45 kg	125 ml	20 ml	300 ml

Food

- Do not stop feeding bub.
- There is no need for special foods, let bub eat what they normally eat.
- Breastfed bubs should continue breastfeeding.
- Do not water down milk or formula they are safe. If you feel the milk is making their diarrhoea/runny tummy worse, see your GP or health clinic.
- Do not give bub sugary or sweet foods; they can make the diarrhoea/runny tummy worse.



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Child and Adolescent Health Service

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