



Southport and
Ormskirk Hospital
NHS Trust

ADVICE FOR PARENTS

Diarrhoea & Vomiting

Paediatric A&E

Gastroenteritis (diarrhoea and vomiting) is common, with many children having more than one episode a year.

Most children with Gastroenteritis can be safely managed at home, doing the following:

- Continue breastfeeding and other milk feeds in breast and bottle fed babies.
- Encourage fluid intake little and often.
- If prescribed by the doctor, offer the oral rehydration salt solution as a supplemental fluid.
- Discourage fruit juices and carbonated drinks until the diarrhoea has stopped.

Diarrhoea usually last 5 to 7 days, most cases resolving within 2 weeks.

Vomiting usually lasts 1 or 2 days with most cases resolving within 3 days.

You **must** see your GP or come back to A&E if your child's symptoms do not resolve within these timeframes or your child has any of the following symptoms:

- Temperature 38°C or higher in children aged under 3 months.
- Temperature 39°C or higher in children aged 3 months or more.
- Shortness of breath.
- Altered state of consciousness.
- Neck stiffness.
- Bulging soft spots in infants.
- Rash which won't disappear on pressure.

- Blood or mucous in stool (poo).
- Bilious (green) vomit.
- Severe abdominal pain in one place.
- Abdominal swelling.

PREVENTING SPREAD OF GASTROENTERITIS

It is important to:

- Wash hands with soap (liquid if possible) in warm running water and carefully dry them.
- Hands should be washed after going to toilet or changing nappies (parents and carers) and before preparing, serving or eating food.
- Children with Gastroenteritis should not share towels.
- Children should not attend school or another childcare facility while they have diarrhoea or vomiting. They should not return until at least 48 hours after the last episode of diarrhoea or vomiting.
- Children should not swim in a swimming pool for 2 weeks after the last episode of diarrhoea.

A&E Telephone: 01695 656674
NHS 111

Please retain this leaflet for future reference

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

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FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:

southportandormskirk.nhs.uk/FFT

Thank you

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