

a note from Dr. May

Homemade "Pedialyte" recipe-

1 cup juice

2 cups water

1/3rd teaspoon salt

Make sure NOTHING is put into mouth until vomiting has stopped for 1 hr or greater.

Gatorade is for thirsty WELL athletes not sick people. Offer pedialyte as a medicine in a dropper or medicine cup NOT a cup. (Medicine that tastes a little like juice is accepted more readily than juice that tastes like medicine. For vomiting children who refuse to drink it mention that pedialyte tastes much better than VOMIT.

Slowly advance the amount given as tolerated.

When foods are added try potato chips as they are tasty and have salt, potassium and much needed calories.

Avoid dairy for a few days if able b/c the lactose may be difficult to digest temporarily.

Infants should be seen in the office asap as well as anyone who continues to have vomiting or severe diarrhea despite following the above steps.