# 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.