

TIPS FROM PAEDIATRICIANS

BØRNLÆGERNES
BØRNETIPS

VOMITING & DIARRHOEA

Most children experience vomiting and diarrhoea. It is uncomfortable, but will often go away on its own after a few days.

It is important that you make sure that your child drinks a lot of fluid. It may be necessary to entice or urge your child to drink. Let your child drink whatever he or she feels like. However, soft drinks and juice should be diluted with water. Give small portions of fluid at short intervals. For example, a couple of spoonfuls or sips every five minutes. Large quantities can make the vomiting worse.

It does not matter if your child does not eat anything for a couple of days, as long as he or she drinks fluids and urinates.

Illnesses with vomiting and diarrhoea are contagious, so remember to wash your hands and use a hand sanitiser.

Advice:

- Give small portions of fluid at short intervals.
- Do not hesitate to give your child paracetamol (such as Panodil® Junior, Pinex®, Arax® Junior or Pamol®) if he or she has a fever. Follow the instructions on the package.
- Wait a couple of hours to see whether what you have done is working.

Call your general practitioner in the daytime. After that, call the medical on-call service or the emergency helpline if your child:

- Is younger than six months
- Is lethargic or listless
- Is not drinking much, and there are more hours than usual between urinating – even if you have tried giving small portions of fluid
- Has blood in his or her stools or vomit
- Has severe stomach pain, seems agitated, uncomfortable – or will not move

Or if you just feel that things are going in the wrong direction, even though you have tried the advice in this guide.

Call 112:

- If your child is lethargic or listless, and you have difficulty getting contact with your child, for example, if you cannot get eye contact
- If your child has a severe, constant stomach ache.



You can also watch the “Tips from paediatricians” film about vomiting and diarrhoea at:

www.boernelaegernesboernetips.dk

Scan the QR code and watch the film

