



741 NE 6th Street
Grants Pass, OR 97526
(541) 471-2701
Fax (541) 471-1166
www.mvfp.com

Instructions for Vomiting

Do not eat or drink for 4 to 6 hours to let the stomach rest. After 4 to 6 hours, follow the instructions below:

Avoid:

- Dairy products (milk, butter, eggs, cheese)
- Citrus fruit
- Aspirin

DO GIVE:

Group A: For first 12 hours have **CLEAR FLUIDS ONLY**. Frequent small amounts are best.

- Tea
- Jell-O
- Water
- Popsicles
- Bouillon broth
- Carbonated drinks (7-Up, Coke)
- Sweet fruit juice (e.g. apple, pear, peach—**NO CITRUS**)

Group B: For the next 12 hours continue giving frequent, small amounts of clear liquid and **ADD:**

- Soup (not creamed)
- Pretzels
- Applesauce
- Rice
- Banana
- Crackers
- Toast & jelly
- Dry sweetened cereal (**NO MILK**)

Group C: After 24 hours **ADD:**

- Boiled skim milk
- Apple (**NO SKIN**)
- Boiled chicken
- Cottage cheese
- Lean beef
- Tapioca

Gradually add more foods for the next two to three days. **DO NOT RUSH BACK TO FULL DIET.**

Instructions for Diarrhea

Eliminate all fruits except apple and banana. Eliminate all fruit juices and eggs. Include all other food in Groups A & B. Tylenol may be given for fever. Avoid foods that are sweet or greasy and avoid leafy vegetables.

After stools begin to firm, add foods from Group C. Then gradually add more foods from regular diet, being careful not to rush back to a full diet.

REMEMBER: Most episodes of diarrhea in children require three to five days for recovery.