



## The throw-up diet for routine stomach flu

For the first 2 hours after vomiting: Try to keep the stomach quiet and empty. Encourage the patient to sleep. Only give tiny sips of clear liquids if the child wants them.

From 2-4 hours after vomiting: Encourage the child to take a sip of clear liquids every 10 to 15 minutes.

From 4-8 hours after vomiting: Allow the child to drink clear liquids liberally, do not restrict volume.

From 8-24 hours after vomiting: Introduce bland starchy foods to the diet, such as rice, crackers, bananas, applesauce, toast. (Brat diet). Do not give the child any dairy, fats, citrus or spicy foods.

24 hours after vomiting: Resume normal diet with the exception of dairy which should not be reintroduced until 48 hours, with the exception of yogurt which can help reintroduce healthy intestinal flora.

Examples of clear liquids: Gatorade, water, chicken broth, ice pops, jello

Examples of bland/starchy foods: Rice, toast without butter, pretzels, crackers, applesauce, bananas, bagels, mashed potato without butter or gravy.

The child should not return to school until they have gone 24 hours without vomiting.

If the child starts having diarrhea after the vomiting, which is common, stick with the bland starchy diet longer, and don't let the child return to school until they have gone 24 hours with only 3 episodes or less.

**Consult your doctor/ER for any vomiting that does not resolve in a few hours or if the child is lethargic, as they may be dehydrated.**