

# Great Kids Pediatrics

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## HOME CARE ADVICE FOR DIARRHEA

1. Give Pedialyte, Replenish (tastes better) or PediaPops (frozen Pedialyte) for the first 12-24 hours. For children over 9 months, dry toast or saltine crackers may also be offered. For children over 2 years, Gatorade may be given if the child doesn't like Pedialyte.
2. 2nd and 3rd Day: Soy formula (Isomil, Gerber Soy, Prosobee), plus BRAT diet for infants over 4 months old:

**BRAT Diet:** Bananas

Rice (baby cereals, oatmeal, noodles, potatoes without butter or cheese, dry cereal like Cheerios or Chex, Cup of Soup like chicken noodle or chicken with rice.

Applesauce

Toast or saltine crackers

3. 4th Day: Continue Soy formula, BRAT Diet, plus add boiled or broiled chicken (skin removed) or baked fish (no butter) for infants over 9 months.
4. 5th-7th Day: Continue Soy formula and gradually add fatty foods, and then cheeses and dairy products last.

Diarrhea can last 2 days to 2 weeks. Your child will probably have an occasional loose stool during the treatment, even after stools begin to firm up.

Change child's diaper as soon as the child has diarrhea. The acids in the stool burn the skin and can cause severe diaper rash. Apply lots of diaper rash cream, like Boudreaux's Butt Paste. If diaper rash is severe and does not improve, please call the office.

If vomiting occurs, stop all solid foods for 24 hours and give small amounts of clear liquids only.

Call the office if your child:

1. Shows signs of dehydration like dry skin or mouth, no tears, or no urination for 6-8 hours.
2. Has persistent vomiting.
3. Has persistent fever over 103 degrees (or over 100.4 degrees in infants less than 3 months old).
4. Has any blood in the stools.
5. Has *severe* stomach cramps or abdominal pain.
6. Has diarrhea longer than 7-10 days.