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## Vomiting in newborn pdf

In this article Yes, most children vom from time to time, and it's usually not to worry about (Di Lorenzo 2018). Everything from indigestion (Arrange 2018a) to prolonged crying bout (Brennan 2017) or cough (Sambrook 2017) can cause this reflex. So you can see quite a bit of vomiting in your baby's early years. Here are some of the most common reasons that your child might be sick: Reflux If your baby raises milk after breastfeeding or bottles, he may have reflux (also known as possetting or spitting up) (Di Lorenzo 2018). The atting occurs because the tube that brings your baby's food to your abdomen (esophageal) is still developing, so milk can sometimes leak back after the feed (Tidy 2018a) and come out of your baby's mouth or nose (Di Lorenzo 2018). It affects up to half of all children, and usually not to worry (Tidy 2018a). This should find out for itself how your baby's digestive system matures, and is usually gone for 18 months (Tidy 2018a). Sometimes it can be difficult to distinguish between pulling and vomiting (Di Lorenzo 2018). If your kid is just dribbling a bit of milk after each feed, it's probably nothing to worry about (Di Lorenzo 2018). But if he vomits more strongly after the flow, it might be a sign of something other than reflux (Di Lorenzo 2018). Take him to see his gp as soon as possible, just to be on the safe side. Learn more about how to tell if your child has reflux and what to do about it. The belly bug your little one's immune system is still developing, so he is more likely to catch any virus that is going around. If your child has a virus, their vomiting can start suddenly and better start within one or two days (Di Lorenzo 2018). He may also have other symptoms such as diarrhoea, fever or abdominal pain (Di Lorenzo 2018). In many cases the virus just needs to run your course and you can take care of your small home (Di Lorenzo 2018). But if he has a fever or some other symptom that affects you, or in a few days he won't get better, see your GP (Di Lorenzo 2018). Other infections If your child develops another type of infection, such as a chest infection or a urinary tract infection (UTI), they may normally be due to weather conditions (Di Lorenzo 2018). Some children experience symptoms such as vomiting and diarrhoea as their immune system fights infection (Di Lorenzo 2018). Food allergy or intolerance Your child may be sick if he has a reaction to something that he ate or drank (NHS 2018a) – or something you have eaten if you are breastfeeding (LLL 2016). The most common allergens are milk, eggs, wheat, nuts, seeds, fish and crustaceans (NHS 2018a). If your child is allergic, they may also have other symptoms such as diarrhoea and swelling or a singu point around the mouth, nose or eyes (NHS 2018a). These symptoms usually appear within minutes or hours after eating or drinking a potential allergen (LLL 2016). If you that your child may have food intolerance, do not remove food products his diet (or your diet if you are breastfeeding) without first consulting your GP, midwife or health guest (NHS 2018a). They will be able to help you make sure that your little one still gets all the nutrients they need (NHS 2018a). However, if your child has an obvious allergic reaction to a new food, it is reasonable not to offer it again until you can talk to your doctor or health visitor. Learn more about food allergies in infants. Food poisoning If your child's food or drink contains bacteria, it can cause stomach upset (Di Lorenzo 2018). If he has a formula feeder, it can happen if his teats and bottles are not properly sterilizee, or if he drinks a formula that is not created according to the instructions on the packaging (NHS 2016a). If your child has started solids, it can happen if he eats something that is contaminated with bacteria such as salmonella or e.coli (NHS 2016a). Food poisoning symptoms are similar to those of viral infection: your child may have fever, diarrhoea and abdominal pain, as well as vomiting (NHS 2016a). Symptoms can start anywhere between a few hours and a few weeks after contaminated food or drink (NHS 2018c). See how to create a formula to feed and prepare baby food safely to reduce the risk of food poisoning. Usually, vomiting does not have to worry about, and soon gets better (Di Lorenzo 2018). The most important thing is to keep your baby's fluids up to protect him from dehydration. If you are breast-feeding, offer your child additional feeds throughout the day (NHS 2017a). If you're formula-feeding, you can offer extra chilled, boiled water in a separate bottle or cup (NHS 2017a). Don't add extra water to your baby's formula as it may mean that he doesn't get the entire diet he needs (NHS 2016a). Fruit juice and carbonated drinks can make vomiting worse, so don't offer them to your child (NHS 2017a). If you are concerned that your child may become dehydrated, ask your pharmacist about the oral rehydration solution (ORS) (NHS 2017a). It's a special drink that helps replace any sugar, salt or mineral your little one may have lost with vomiting (NHS 2017a). Your pharmacist will be able to recommend the way that is safe for your child and will give you tips on how and when to do it for him (NHS 2017a). If your baby is on starch, don't worry if he doesn't have much appetite for food while he's under the weather (Di Lorenzo 2018). It is much more important to keep him hydrated (Di Lorenzo 2018). You may have heard some people recommend a BRAT diet (bananas, rice, apple sauce and toast) to sick babies. These foods may be easier in your baby's stomach, but they won't give him all the nutrients he needs (Di Lorenzo 2018). If your baby is over six months old and it feels like eating, it's best to just offer your usual (Di Lorenzo 2018). If your child has ORS, your pharmacist may advise you to stop offering your baby's solids until he or she has finished treatment (Di Lorenzo 2018). If your child child other symptoms and seem to be in pain, it is good to give him the recommended dose of infant paracetamol or ibuprofen if he is old enough (NHS 2017b). If you have doubts about how much is safe to give and when, your pharmacist can help. If your child vomits again within 30 minutes of taking paracetamol or ibuprofen the same dose (MFC 2012,2014). But if he's sick, and it's half an hour or more since his last dose, there's no need to give it up again (MFC 2012,2014). Do not give your child anti-home medicines (prescription medicines or over-the-counter medicines) unless recommended by your doctor (Di Lorenzo 2018). It is best to bring your baby home from childcare or nursery until at least 48 hours after his last episode of vomiting (NHS 2018b). Irregular vomiting is usually not a worry, but if your child is sick a lot, it can sometimes be a symptom of something more serious (Di Lorenzo 2018). Contact your doctor immediately, take your child to an NHS walk-in centre, or call 111 if you notice any of the following warning signs for your child: frequent, cheerful (projectile) vomiting, especially if your child is less than two months old. This may be a sign that the fragment between his stomach and his bowel has become too narrow (pyloric stenosis) (NICE 2015), which means he doesn't get the nutrients he needs. Raises green or greenish yellow vomit. This may be a sign of a blockage in your baby's intestines (NICE 2015). Blood in your baby's vomit. While it can be very scary to see, it is not always a sign that your child is sick. For example, if you are breast-feeding and you have cracked and bleed nipples, your child may simply swallow a bit of your blood. But sometimes this can be a sign of a serious issue, so you should always get it checked out to be on the safe side (NICE 2015). Blood in your baby's nappy. Blood in your baby's stool can sometimes be a sign of infection or allergy (NHS 2018b). Signs of dehydration. Babies can become dehydrated much faster than adults, especially if they're throwing up a lot (NHS 2017a). Seek urgent medical attention if your child has signs of dehydration, such as a less wet diaper, dry mouth, tears without tears, unusual drowsiness, rapid breathing or a immersed soft spot (fontanelle) on his head (NHS 2017a). Refusing to feed. If your baby refuses all foods or drinks for more than a few hours (Di Lorenzo 2018) or can't keep the liquid down, he is at risk of dehydration. Vomiting lasting more than one or two days may be a sign of an infection or other disease requiring treatment (Di Lorenzo 2018). Any other symptoms that apply to you, such as if your child is usually under the weather with fever, or appears to have had belly pain (Di Lorenzo 2018, NICE 2015). You know your child best, so if you have any concerns about his or her well-being, it is always better to trust your and seek help. Your doctor will examine your child and ask about his or her other symptoms to try and which causes vomiting. In most cases, it probably won't have anything to worry about, and your doctor will only advise you on how to keep your baby comfortable. If your child has a bacterial infection, he may need antibiotics to help him fight it (NHS 2019). Your doctor will prescribe the right antibiotics for your child and know how often you should give them and for how long. Not all bacterial infections require antibiotics, though, and many find out about the same without treatment (NHS 2019). Antibiotics will not help your baby fight the virus, so your doctor will not prescribe them if she thinks your baby has a viral infection (NHS 2019). Try not to worry though. In most cases, your kid will feel better when the virus is run your course. It is unlikely that your baby's vomiting indicates anything serious. However, if it makes him very dehydrated, your doctor may recommend that he go to the hospital for treatment (Tidy 2018b). Hospital staff will give your baby a rehydration fluid through a drop in his hand, or he may need a soft tube inserted through his nose to get the liquid straight into his belly (Tidy 2018b). If your child has pyloric stenosis, your doctor will recommend minor surgery pretty quickly. Be sure that surgery is usually successful in stopping vomiting, and your baby will soon be feeling better (Mayo Clinic 2019). If you have any doubts as to whether your child needs medical attention, you can always call NHS 111 for advice (in Wales call 0945 46 47, and in Northern Ireland call your local GP surgery to find out your out-of-hours service). More information: Last review: February 2019 Brennan D. 2017. Why is my child throwing up without fever? WebMD. Children's Health. www.webmd.com [Access November 2018] Di Lorenzo C. 2018. Patient education: nausea and vomiting in infants and children. UpToDate. Beyond the Basics. www.uptodate.com [Access November 2018] LLL. Allergies and food intolerance. La Leche League, a common concern. www.laleche.org.uk [Access November 2018] Mayo Clinic. 2018. Pyloric stenosis. www.mayoclinic.org [Access November 2018] MFC. 2012. Ibuprofen for the treatment of pain and inflammation. package leaflet for children. www.medicinesforchildren.org.uk [Access November 2018] MFC. 2014. 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