Today your child was treated for gastroenteritis (“stomach flu”) by Dr. __________________________.
Your child should see a pediatrician or your family doctor in _______ days. If you do not have a doctor, you may choose a clinic at www.fairview.org/clinics or call 612-672-7272.

The stomach flu is caused by a virus or food toxin. Symptoms include vomiting (throwing up) and diarrhea (loose, watery stools). These symptoms can lead to dehydration (loss of body fluids). To prevent this, you must urge your child to drink small amounts of fluid on a regular basis. We may also prescribe medicine to prevent vomiting.

We rarely prescribe antibiotics (germ-fighting medicines)—these will not cure the stomach flu. The infection will usually cure itself within 3 or 4 days. If symptoms last longer than 5 days, call your doctor.

If your child becomes very dehydrated, he or she may need fluids through an IV (small tube placed in the vein to deliver fluids).

**Signs of dehydration**
If you notice any of these symptoms, bring your child back to the Emergency Room:

- Dry mouth.
- Limp body or weakness.
- Little or no urine (pee).
- Seizures or “fits.”
- No tears when crying.
- Eyes that appear sunken.
- Blood in the vomit or diarrhea.
- The soft spot on your baby’s head appears sunken.

**Treating symptoms at home**

- At first, give your child small sips of fluid (1 teaspoon) about every 5 minutes. Try Pedialyte or “pediatric electrolyte solution,” sold at Walgreens, Target and other drug stores.
- Slowly increase the amount of fluid over time. This may help prevent vomiting, and it will be easier for your child’s body to absorb the fluids.
- Avoid foods and drinks that are high in sugar. (These include soda pop, fruit juice, Gatorade, Powerade and desserts made with gelatin). They can make diarrhea worse.
- If your child is a baby, keep feeding breast milk or formula at regular strength. Don’t water it down.
- Children who eat solid foods may go back to their normal diet as they are able. Doctors no longer suggest the BRAT diet (Bananas, Rice, Applesauce, Toast), as this limits a child’s nutrients.

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*Signature of patient or guardian*  
*Signature of discharging provider*  
*Date/Time*
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