

## Notes:

# Reintroducing Food

If you have no diarrhea or vomiting for 24 hours, begin to gradually increase your diet as tolerated. Start by adding dry toast and crackers. You may then begin to add foods as tolerated from the following list. This may take 1-3 days. Remember to continue to replenish your fluids as you begin to add foods.

**Beverages:** Carbonated beverages, tea, coffee, fruit punch or drink, sports drinks.

**Breads:** Bread, toast, crackers.

**Cereals:** Cooked cream cereals (wheat, farina, refined oatmeal, rice) and dry cereals without sugar.

**Desserts:** Angel food or sponge cake, plain cookies, jello, water ices.

**Fats:** Butter or margarine.

**Fruits:** Ripe bananas, canned or cooked apples (applesauce), apricots, peaches, and pears.

**Starches:** Baked potatoes or boiled potatoes, macaroni, noodles, refined rice, spaghetti (no sauces).

**Soups:** Bouillon, beef or chicken broth, noodle or rice soups.

**Sweets:** Hard candy, gumdrops, marshmallows, jelly.



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# Vomiting & Diarrhea



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Sindecuse Health Center

# Recognizing Dehydration

If you lose a lot of fluid from vomiting and/or diarrhea, you may show signs of dehydration (fluid loss).

Symptoms of dehydration can include:

- Decreased urination or dark urine
- Dry mouth
- Thirst

Symptoms that occur later:

- Skin that appears “wrinkly”
- Weight loss
- Sunken eyes

If any of these signs are present, or if vomiting/diarrhea persists, you should contact your clinician.



# Symptom Relief

One of the best ways to control vomiting and diarrhea is to allow the stomach and intestine to rest. By carefully regulating your diet at this time, you may be able to help relieve your symptoms.

- For the first 24 hours, drink clear fluids only (liquids you can see through in a glass - water, Sprite or 7-Up, sports drinks, weak tea, popsicles, broth or bouillon, jello, etc.).
- Remember that it is much more important to drink fluids than to eat solid food.
- Start with frequent sips until the stomach can retain larger amounts. Proceed with larger amounts as you can tolerate it. Your urine will be a pale yellow color if you are drinking enough liquids.
- It may be helpful to avoid any dairy products.
- If you have a fever, you must increase your fluids further.
- The key to success is patience. Increase your diet slowly to avoid setbacks.

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