

Mayo Clinic Minute

What to do if your child has an upset stomach

Video

Audio

	<p>If your child is showing symptoms of a stomach bug like vomiting or diarrhea, it's most likely viral gastroenteritis.</p>
<p>Tina Ardon, M.D. Family Medicine Mayo Clinic</p>	<p>"We really want to make sure we're paying attention to their hydration. Even with a couple hours of vomiting or diarrhea, you can get dehydrated pretty quickly."</p>
	<p>Mayo Clinic family medicine specialist Dr. Tina Ardon explains how parents can tell if their child is dehydrated.</p>
	<p>"... monitoring someone's urine output, so less wet diapers in a baby or maybe less trips to the restroom for an older child."</p>
	<p>To help improve hydration without making the stomach more upset, Dr. Ardon suggests taking a sip or two of fluid every five to 10 minutes.</p>
	<p>"When someone is having a lot of vomiting and diarrhea, you're not just losing fluids, you're losing electrolytes, as well. And, so, actually, oral rehydration solutions or therapies which are available over-the-counter ."</p>
	<p>Another option would be a diluted juice or diluted sports drink. However, Dr. Ardon says be cautious with the excess sugar content, which can make diarrhea worse.</p>
	<p>For the Mayo Clinic News Network, I'm Jason Howland.</p>