

Instructions for Vomiting and Diarrhea

- ❖ Do not take any diarrhea medicines
- ❖ No milk or juice for five days
- ❖ For the first 24 hours, clear liquids only (7-up, Sprite, popsicles, Jell-O). They cannot be juice or cream filled.
- ❖ After the first 24 hours – for the next 48 hours, you can add bananas, rice, apple sauce and toast.