

The tumbler test

Do the 'tumbler test' if your child has a rash. This test helps to work out if your child has meningitis.

Press a glass tumbler firmly against the rash. If you can see the spots through the glass and they do not fade this is called a 'non-blanching rash'. If this rash is present, seek medical advice immediately.

The rash is harder to see on dark skin so check paler areas, such as palms of the hands, soles of the feet and tummy.

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net. This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 2789.

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INFORMATION FOR PATIENTS

Diarrhoea and vomiting (child)

Emergency Department

King's Mill Hospital

Mansfield Road
Sutton in Ashfield
Notts NG17 4JL

Telephone: 01623 622515, extension 2789

Newark Hospital

Boundary Road
Newark
Notts NG24 4DE
Telephone: 01636 681681

Your child has been diagnosed with gastroenteritis. This is caused by an infection in the stomach (tummy) and usually causes children to have loose or watery stools (poo) and may also cause them to vomit (be sick). Gastroenteritis is infectious and can be caught from other people.

While suffering from gastroenteritis, hand washing and good cleanliness are very important to help stop the spread of infection. Most children with gastroenteritis will get better quickly, without needing treatment and they can be safely looked after at home. It can last between five and seven days.

Severe diarrhoea and vomiting can lead to dehydration, which is when the body does not have enough water to work as normal. Children who are dehydrated often look and feel unwell. Dehydration is more likely to happen in young babies. Severe dehydration can be dangerous.

See your GP or contact 111 if your child:

- Is not drinking.
- Has not passed urine (wee) in the last 12 hours.
- Has other signs of dehydration such as a dry mouth or sunken eyes.
- Is unusually sleepy.
- Has blood in their stool.
- Is unable to keep down any fluids during this illness.

You must take your child back to your nearest Emergency Department, or ring 999 immediately if your child:

- Is difficult to wake, very lethargic or becomes extremely agitated.
- Develops a rash that does not disappear with pressure (the tumbler test).
- Is very irritable or has an unusual cry.
- Unusually pale or mottled skin and feels abnormally cold to touch.
- Has blue lips or too breathless to talk/eat or drink.

- Is under three months of age with a temperature of 38 C (100.4F).

How long does gastroenteritis last?

- It can last between five and seven days.
- Children should not return to school, nursery or childcare for 48 hours following the last episode of vomiting or diarrhoea.

How should I look after my child at home?

You should:

- Continue to offer your baby light feeds, including breast or other milk feeds.
- Encourage your child to drink plenty of fluids and offer small amounts often.
- Remember to wash your hands and your child's hands with soap and warm water before eating or drinking and after every vomit or loose stool.
- **Not** share towels with a child who is vomiting or has diarrhoea.
- You may be advised to give an oral rehydration solution. This is because your child will have lost a lot of fluid while having sickness and/or diarrhoea.