Spit-up or vomit: what to do

Use these steps to tell spit-up from vomit and to know when to call.

- [ ] Watch whether the milk rolls out easily or comes out with force.
- [ ] Hold the baby upright and burp often during and after feeds.
- [ ] Limit active play right after a feed.
- [ ] Avoid tight diapers around the belly.
- [ ] Call the pediatrician at once for green, bloody or coffee-ground vomit.
- [ ] Call as soon as possible for forceful vomiting after every feed.
- [ ] Check for dry mouth, no tears and fewer wet diapers.
- [ ] Seek urgent care for a hard-to-wake baby or trouble breathing.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/parenting/baby-spit-up-vs-vomit/