

NAUSEA and VOMITING

Nausea and vomiting are usually signs of a viral infection. Symptoms may include diarrhea, abdominal cramps, bloating and fever. This can be expected to last from a few hours to 2-3 days.

Goal

- Prevent dehydration
- Keep yourself comfortable

Treatment

- Stop eating and drinking for a few hours until your stomach has settled.
- Try ice chips or small sips of tea, clear soda (7-Up or Sprite), broths and non-caffeinated clear sports drinks. Consume 8 glasses a day taking frequent small sips.
- Add semi-soft and low fiber foods gradually. Stop eating if vomiting returns. Try soda crackers, dry toast, gelatin, eggs, rice or chicken.
- Avoid dairy products, caffeine, alcohol, nicotine, citrus or fatty and highly seasoned foods for a few days.

Contact Health Services if:

- You are unable to drink for 24 hours
- Vomiting persists beyond 2-3 days
- You become dehydrated
- You vomit blood

Signs of dehydration

- Excessive thirst
- Dry mouth
- Little or no urination
- Severe weakness
- Dizziness
- Light-headedness

Contact your physician if you have any questions or problems.