

# Nausea and Vomiting

## (Stomach “Bug” or Gastroenteritis)

- Nausea and vomiting is most commonly caused by a viral infection and may be associated with diarrhea.
- The majority of people find improvement within 24-hours and are back to normal 72-hours after onset of the illness.

### Symptoms:

- Nausea with or without vomiting
- Generalized or upper abdominal pain/cramping
- Watery diarrhea (no blood)
- Muscle aches
- Headache
- Possible fever

### Self-care measures:

- Stop eating solid foods
- Rest
- Suck on ice chips or sip small amounts of water on a frequent basis
- If you vomit, wait about 20 minutes then resume fluid intake
- Slowly increase the amount of fluid intake
- Water or sports drinks are acceptable
- Avoid caffeine, alcohol and carbonated beverages
- Acetaminophen (✓) 650 mg every 6 hours as needed for fever, chills, headache or body aches
- Use anti-diarrheal (\*) for diarrhea lasting more than 2 days
- Bismuth (✓) *READ PACKET FOR DIRECTIONS & WARNINGS*

### When to seek medical attention:

- If the vomiting persists more than 24-hours
- If you develop bloody diarrhea
- If you have obvious pain or tenderness isolated to the right lower abdomen
- If you feel lightheaded or faint

### Limit spread to others:

- Wash hands with soap and water frequently
- Stay home (or in your residence hall) for at least the first 24-hours



*Talk to a Nurse in Health Services about getting a Sick Tray Form. This form will permit a friend to pick up clear liquids and/or crackers from the Dining Hall and bring it to your room for you.*

### Recovery:

You may try solid food when:

- 1) Nausea and vomiting have resolved
- 2) You are tolerating fluids
- 3) You feel hungry

### When you do eat:

- Start with small amounts of simple foods (crackers, toast, etc.)
- Over the next 24-36 hours slowly build up to your normal diet
- Add dairy, high-fat foods, raw vegetables, citrus and red meat last

*Items marked with a (\*) are available after being evaluated by a Nurse in the Health Services Office (Commons, Room 226).*

*Items marked with a (✓) are available in the Self-Care Room.*