

CAUSES

Nausea and vomiting are not diseases. They are symptoms of many different conditions, such as;

- Infection (Stomach Flu)
- Food Poisoning or Intolerance
- Motion Sickness
- Overeating
- Blocked Intestine
- Concussion or Head Injury
- Appendicitis
- Pregnancy
- Inner Ear Infection or Vertigo
- Medication Side Effect
- Migraines
- Severe Coughing

Sometimes nausea and vomiting can be symptoms of more serious diseases, including;

- Heart Attack
- Kidney or Liver Disorders
- Gallbladder or Appendix Obstruction
- Some forms of cancer
- Central Nervous System Disorders

SIGNS OF DEHYDRATION

Persistent vomiting, especially when accompanied by diarrhea, can result in dehydration. Adults have a lower risk of becoming dehydrated because they are usually able to detect the symptoms of dehydration. Children may not notice these symptoms or may not be able to communicate them to an adult. Adults caring for sick children need to be aware of these visible signs of dehydration:

- Dry Lips and Mouth
- Sunken Eyes
- Rapid Breathing or Pulse
- Decrease Urination
- Lethargy
- Sunken Fontanelle (soft spot)

GENERAL MEASURES

For Nausea:

- Drink clear or ice-cold drinks
- Eat light, bland foods (such as saltine crackers)
- Avoid fried, greasy or sweet foods
- Eat slowly and eat smaller, more frequent meals
- Drink beverages slowly
- Avoid physical activity after eating

For Vomiting:

- Drinking gradually larger amount of clear liquids
- Include liquids containing sugar such a soda & popsicles
- Avoiding solid food until vomiting episode has passed
- Avoid acidic soup or juices, such as orange, grapefruit, tomato
- Discontinue oral medications that may irritate the stomach
- Rest in a sitting or propped position

MEDICATIONS

Medications for nausea and vomiting may include oral anti-emetic medications such as Zofran or Phenergan. If vomiting is severe the doctor may prescribe suppositories.

SEEK MEDICAL ATTENTION IF YOU

- Develop a severe headache or a stiff neck
- Experience decreased alertness or confusion
- Have a fever greater than 101 °F
- Develop signs of dehydration
- Have severe stomach or chest pain
- Feel weak or dizzy
- Are pregnant or think you might be pregnant
- Notice blood in your vomit (“coffee grounds” appearance)
- If you are urinating less than usual