Nausea and Vomiting

(Stomach “Bug” or Gastroenteritis)

* Nausea and vomiting is most commonly caused by a viral infection and may be

associated with diarrhea.

* This illness is self-limited with the majority of people finding improvement within 24-hours and are back to normal by 72-hours after onset of the illness.
* This illness can be treated at home and does not require a visit to a medical provider.

# Symptoms:

* Nausea with or without vomiting
* Generalized or upper abdominal pain/cramping
* Watery diarrhea (no blood)

# Self-care measures:

* Stop eating solid foods
* Rest
* Muscle aches
* Headache
* Possible fever
* 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, Pedialyte® or sports drinks are acceptable
* Avoid caffeine, alcohol and carbonated beverages
* Acetaminophen (Tylenol®) 650 mg every 6 hours as needed for fever, chills, headache or body aches
* Use Imodium for diarrhea lasting more than 2 days

# 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, Jello®, 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

# 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
* If you live in a residence hall call 540-568-6949 to get information about obtaining some appropriate food or fluids

# 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