

# 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)
- 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, 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