

Nausea, Vomiting and/or Diarrhea

Usually caused by an inflammation of the lining of the stomach and intestines. Nausea, vomiting and/or diarrhea are usually sudden in onset but may gradually increase in severity.

Vomiting and diarrhea are common symptoms of a viral illness. Sometimes, however a bacterial cause may be suspected and you will be asked to provide a stool specimen.

In most cases, whatever the cause, the symptoms are self-limiting and usually require no specific treatment except for the measures below.

Instructions

1. Stop **ALL** food.
2. Ice chips **ONLY** until the vomiting has stopped.
3. Drink only clear liquids until 24 hours after your last watery stool or your last episode of vomiting. If it's not on this list, **YOU CANNOT HAVE IT!**

Clear liquids: Start slowly with sips

- A) Clear colas – i.e. Sprite, 7-Up, Ginger Ale
 - B) Water in limited amounts
 - C) Gatorade, Powerade or other electrolyte drinks
 - D) Sweetened tea (hot or cold) – **NO MILK**
 - E) Popsicles – **NO ICE CREAM OR MILK PRODUCTS**
 - F) Kool-Aid
 - G) Chicken Broth – **NO NOODLES OR RICE**
 - H) Jello – any flavor
4. Take two (2) Tylenol (or other Acetaminophen) tablets every four to six hours if feverish, if you have no allergies to such products. Check package for directions.
 5. After 24 hours without vomiting, slowly begin to add solids to your diet.
Begin with chicken noodle or chicken rice soup. Slowly add dry toast or saltine crackers. If no symptoms recur, add mashed potatoes, rice, grits, oatmeal, bananas or applesauce. Later, if still without symptoms, you may go on to bland foods, such as baked chicken, dry baked potato, scrambled eggs.

The **LAST** items to add back to your diet are milk and products made with milk, spicy foods, acidic foods (high in Vitamin C) and fried foods.
 6. Use Imodium AD as directed on the package for diarrhea. No fruit juice, because this can aggravate diarrhea.
 7. Use Zantac 150 as directed on the package for nausea.
 8. Return to Health Services if diarrhea lasts longer than 3-4 days, or you have mucus or blood in stool, or if vomiting lasts more than 24 hours.