**Nausea and Vomiting**

Nausea, the feeling of being about to/or need to vomit, can occur alone with vomiting. Vomiting is the forceful expulsion of gastric contents.

**Frequent Signs & Symptoms**

Nausea and/or vomiting are the most obvious signs and symptoms, but you may also experience:

* Retching
* Dry heaving
* Abdominal pain
* Diarrhea

**Causes**

Nausea and vomiting can be symptoms of many different conditions, including:

* Morning sickness during [pregnancy](https://medlineplus.gov/pregnancy.html)
* [Gastroenteritis](https://medlineplus.gov/gastroenteritis.html)
* [Migraines](https://medlineplus.gov/migraine.html)
* [Motion sickness](https://medlineplus.gov/motionsickness.html)
* [Food poisoning](https://medlineplus.gov/foodborneillness.html)
* Medicines
* [GERD](https://medlineplus.gov/gerd.html)
* Intestinal obstruction

**Diagnosis**

Your provider will take a history, and do a physical exam. They may order lab tests in order to determine underlying causes. Women may have a pregnancy test.

**Treatment**

Nausea and vomiting generally goes away in a few days without treatment. Until you feel better, rest, and stay hydrated.

* Drink clear liquids
	+ Water
	+ Sports drinks such as Gatorade
	+ Fruit juice
* BRAT diet is recommended to start if there has been no vomiting for 8 hours, it includes:
* Bananas
* Rice (white)
* Applesauce
* Toast
* Some other good choices include
* Potatoes, plain crackers, and plain pretzels

Your provider may suggest an over the counter medication, or may prescribe medication used to treat nausea/vomiting depending on the underlying cause.

**When to Call Your Provider**

* Vomiting for longer than 24 hours
* Blood in the vomit
* Severe [abdominal pain](https://medlineplus.gov/abdominalpain.html)
* Severe headache and stiff neck
* Signs of [dehydration](https://medlineplus.gov/dehydration.html) (dry mouth, cracked lips, dry/wrinkled skin, or sunken eyes)
* Excessive sleepiness or disorientation
* Vomiting that starts after a [head injury](https://kidshealth.org/en/parents/head-injury.html)
* Vomiting with [fever](https://kidshealth.org/en/parents/fever.html) of more than 101–102°F (38.3–38.9°C)
* Pain with peeing, [blood in the pee](https://kidshealth.org/en/parents/hematuria.html), or back pain

**Complications**

Most often nausea and vomiting will clear up on its own. However, persistent vomiting can cause dehydration and [malnutrition](https://www.healthline.com/health/malnutrition).

**If symptoms worsen or do not improve, return to the clinic.**

**If you have worsening of symptoms when the Health and Wellness Center is unavailable, please follow up with the local ER or Urgent Care.**

Additional Information: