

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
- Gastroenteritis
- Migraines
- Motion sickness
- Food poisoning
- Medicines
- GERD
- 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

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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
- Severe headache and stiff neck
- Signs of dehydration (dry mouth, cracked lips, dry/wrinkled skin, or sunken eyes)
- Excessive sleepiness or disorientation
- Vomiting that starts after a head injury
- Vomiting with fever of more than 101–102°F (38.3–38.9°C)
- Pain with peeing, blood in the pee, or back pain

Complications

Most often nausea and vomiting will clear up on its own. However, persistent vomiting can cause dehydration and 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: _____
