

NAUSEA & VOMITING

Home Care Instructions

- **Take slow, deep** breaths to help alleviate nausea & prevent vomiting
- **Do not eat solid foods** until 4 hours after vomiting has subsided. Eliminate all dairy products, junk foods, coffee, cola, caffeine, protein, fruit juices, and foods that are spicy, greasy, or fatty until 48hrs after ALL symptoms have disappeared.
- **Maintain fluid intake** to avoid dehydration by sucking on ice chips or sipping on clear liquids. Try 1-2oz every 10-20min
- Gradually increase from liquid to crackers, unbuttered toast, jello, soups and then small portions of soft bland foods
- Slowly advance back to regular diet. Eat foods that are appealing. From there gradually add fatty foods and protein into your diet after symptoms have resolved

-Clear Liquids:

- Fluid you can see through
- Oral re-hydration solutions like Gatorade are best because they provide electrolytes and glucose which enhance water retention

-Fever

- Temp above 98.6F
- Limit activities and REST as much as possible
- Drink Plenty of fluids to prevent dehydration and replace electrolytes (Gatorade is a good option)
- Monitor and record temp if symptoms change

-Medications:

- Emetrol may help with vomiting: 15-30ml (1-2TBS) every 15min as needed for relief of nausea (take more than 5doses)
- Antacids may help with upset stomach.
- Avoid Aspirin, naproxen, or ibuprofen- may irritate stomach lining
- For fever/pain : Tylenol (Acetaminophen) 1-2 tabs every 4hrs as needed (do not exceed more than 4000mg in a 24hr period)

WARNIGN SIGNS

When to seek Medical Attention

- Constant and severe abdominal pain for longer than 2hrs
- Intermittent abd pain for longer than 24hrs
- Abdominal trauma (recent)
- Bloody or black tarry stools
- Bloody, black, dark brown or coffee ground-like vomit
- Dehydration (dry/sticky mouth, not urinating at least every 8hr)
- Diarrhea
- Difficult to arouse or acting confused
- Gray/cold skin
- Headache and profound stiff neck
- High fever (above 103F)
- Ingestion of poison, plant, medication, or chemical
- Loosing consciousness
- Loss of appetite or rapid weight loss
- Moderate-Severe vomiting with abd pain
- Profound, unexplained fear, anxiety, or sense of impending doom
- Severe pain in or around one eye
- Significant chest pain
- Skin or whites of eyes look yellow
- Vomiting occurring for more than 48hrs

Motion Sickness

- Consider over the counter motion sickness medication:
 - Dramamine (dimenhydrinate): 50-100mg every 4-6hrs. Not more than 8 tablets in a 24hr period
OR
 - Meclizine: 25-50mg one hour before travel. The dose may be repeated every 24 hours as needed. Do not use either of these products if you have a history of asthma, bronchitis, emphysema, or other chronic lung problems.
- Avoid sitting in back seat or reading while in moving vehicle

NAUSEA & VOMITING

- Be cautious to take medication if allergic/pregnant/or currently taking other medication. May be wise to review with your doctor before taking over the counter medication