Nausea and Vomiting

Causes of Nausea and Vomiting

- Viral flu or food poisoning
- Stress
- Medications can cause stomach vomiting
- Pregnancy (morning sickness)
- Diabetes
- Headaches and migraines
- Head trauma

Helpful Hints

- Dehydration can cause nausea and vomiting. Drink plenty of fluids (8-12 glasses of water or liquids a day)
- After vomiting stops, drink one ounce of water every 20 minutes for one hour. Gatorade or other rehydration drinks may be helpful to replace electrolytes and fluids. Other helpful liquid replacements include apple juice (1/2 strength with water), broths, weak teas.
- Avoid citrus juices
- Slowly introduce clear soups, milder foods, jello, crackers and dry toast

Call a Health Professional if:

- If you have nausea or vomiting with a severe headache, with a head trauma, severe lethargy, or loss of consciousness
- Accompanied with shortness of breath or chest pain
- Along with lower right abdominal pain (appendicitis) or upper or lower left abdominal pain (liver, pancreas, or gall bladder organs)
- Along with a fever of greater than 104 degrees
- If you have bloody vomit, or vomit looks like coffee grounds
- If vomiting lasts greater than 48 hours