Nausea & Vomiting

Most cases of nausea and vomiting are harmless and resolve on their own. However, sometimes, more serious conditions cause these symptoms. The range of conditions that may cause nausea and vomiting includes: infection from viruses or bacteria, pregnancy, stress or nervousness, medications, such as certain pain medication and antibiotics, migraine headache, head injury, appendicitis, intestinal blockage, motion.

Home Care

✓ Avoid solid foods until vomiting has stopped. When you feel better, slowly start mild foods, such as soups, dry toast and crackers
✓ Drink clear liquids only and take small amounts frequently
✓ Rest

Seek medical attention if:

✓ Signs of dehydration develop (dry mouth & tongue, extreme thirst and little or no urination)
✓ Vomiting occurs with severe headache, chest pain, severe abdominal pain, fever and chills or abdominal swelling
✓ Vomit contains blood or a substance that looks like coffee grounds
✓ Vomiting that lasts greater than 24 hours or occurs after a head injury

Prevention

✓ Frequent handwashing to decrease risk