

Vomiting & Diarrhea

Vomiting and Diarrhea are common signs and symptoms that can be caused by numerous health conditions. Many medications can cause vomiting and even diarrhea. Rarely, vomiting and diarrhea may indicate a serious or even life-threatening problem.

Children experiencing vomiting and/or diarrhea should remain out of school until they are symptom free for a full 24 hours without the use of medication.

Take self-care measures:

- **Take it easy.** Too much activity and not getting enough rest might make nausea worse.
- **Stay hydrated.** Take small sips of cold, clear, non-caffeinated, carbonated or sour drinks, such as ginger ale, lemonade and water. Mint tea also may help. Oral rehydration solutions, such as Pedialyte, can aid in preventing dehydration.
- **Avoid strong odors and other triggers.** Food and cooking smells, perfume, smoke, stuffy rooms, heat, humidity, flickering lights, and driving are among the possible triggers of nausea and vomiting.
- **Eat bland foods.** Start with easily digested foods such as gelatin, crackers and toast. When you can keep these down, try cereal, rice, fruit, and salty or high-protein, high-carbohydrate foods. Avoid fatty or spicy foods. Wait to eat solid foods until about six hours after the last time you vomited or had diarrhea.

Schedule a doctor's visit

Make an appointment with your doctor if:

- Vomiting or diarrhea lasts more than two days for adults, 24 hours for children under age 2, or 12 hours for infants
- You've had bouts of vomiting and/or diarrhea for longer than one month
- You've experienced unexplained weight loss along with vomiting and/or diarrhea

Seek immediate medical attention

Ask someone to drive you to urgent care or an emergency room if:

- Vomiting and diarrhea are accompanied by pain or a severe headache, especially if you haven't had this type of headache before
- You have signs or symptoms of dehydration — excessive thirst, dry mouth, infrequent urination, dark-colored urine and weakness, or dizziness or lightheadedness upon standing
- Your vomit contains blood, resembles coffee grounds or is green
- You have a fever higher than 102 degrees Fahrenheit

Call 911

Seek prompt medical attention if the vomiting & diarrhea are accompanied by other warning signs, such as:

- Chest pain
- Severe abdominal pain or cramping
- Blurred vision
- Confusion
- High fever and stiff neck
- Fecal material or fecal odor in the vomit
- Rectal bleeding