

Nausea and Vomiting

(Stomach "Bug" or Gastroenteritis)

- Nausea and vomiting is most commonly caused by a viral infection and may be associated with diarrhea.
- This illness is self-limited with the majority of people finding improvement within 24-48 hours (after 1-2 days).
- This illness can be treated at home and does not require medical attention from a provider.

SYMPTOMS:

- Nausea with or without vomiting
- Generalized or upper abdominal pain/cramping
- Watery diarrhea (no blood)
- Muscle aches
- Headache
- Possible fever

SELF-CARE MEASURES:

- Stop eating and drinking for 1-2 hours (after 1-2 hours) to allow the stomach to settle. Then, start with small sips of clear fluids (water, broth, sports drinks, etc.) and gradually increase as tolerated. Avoid dairy, fatty, and spicy foods until symptoms improve.