



Nausea/Vomiting/Diarrhea Self-Care



NAUSEA/VOMITING SELF-CARE INSTRUCTIONS

- Do not eat or drink anything until vomiting has stopped and nausea is subsiding. You may rinse your mouth or suck on ice chips after vomiting episodes, but do not swallow water at this time.
- One to two hours later, begin sips of clear liquids (gingerale, decaffeinated flat colas, sports drinks, cranberry juice blends, kool-aid, gelatin, popsicles, clear broth or apple juice). Do not drink citrus juices.
- Increase fluids as tolerated
- After 12 hours, try small amounts of bland foods, such as rice, potatoes, soda crackers (saltine cracker), pretzels, dry toast and applesauce
- After bland food is tolerated, resume normal diet, as tolerated

Avoid milk, citrus foods and juices, spicy and fatty foods, alcohol, coffee, and caffeinated beverages until completely well.

DIARRHEA SELF-CARE INSTRUCTIONS

- Clear liquid diet first 12-24 hours (sips water, flat soda, clear broth, gelatin, (not red), flavored ice)
- During the next 12 hours, progress to a BRAT diet (bananas, white rice, applesauce, and dry toast). You may also eat soda crackers, pretzels, potatoes and soups (avoiding cream soups).
- Progress to a regular diet after soft, formed stools occur

Avoid dairy products, citrus juices, raw fruits and vegetables, and fried or spicy foods for 2-5 days after diarrhea subsides.

NOTIFY HEALTH SERVICES AT (603) 862-2856 IF OPEN OR CALL THE TRIAGE NURSE AT WENTWORTH DOUGLASS HOSPITAL AT (603) 862-1530 AFTER CLINIC HOURS IF...

- Nausea and vomiting have not improved after 24 hours
- Vomiting is frequent and severe
- You are having abdominal pain that is severe, persistent, or localized in one area
- Your temperature is above 101 degrees Fahrenheit (Thermometers are available for purchase in the Health Services Pharmacy)
- Diarrhea worsens or does not improve after 48 hours
- Signs of dehydration (fever, weakness, dizzy when standing, less than 1 urination in 8 hours)

Viruses causing nausea, vomiting, and diarrhea are easily spread. Pay special attention to hand washing. Avoid using towels, tableware, and cups used by infected persons.

**CONTACT A HEALTH SERVICES TRIAGE NURSE AT (603) 862-2856
IF YOU HAVE ANY ADDITIONAL QUESTIONS OR CONCERNS.**



HEALTH SERVICES

(603)862-2856 (during hours of operation)|(603) 862-1530 (after hours)
www.unh.edu/health-services