

Nausea/Vomiting/Diarrhea Self Care

NAUSEA/VOMITING SELF-CARE INSTRUCTIONS

Do not eat or drink anything until nausea subsides and at least 1 hour after last vomiting episode. You may rinse your mouth or suck on ice chips after vomiting episodes, but do not swallow water during this time.

Drink sips of clear liquids such as sports drinks, clear broth, popsicles, apple juice, water or gelatin. Some people also find ginger (flat gingerale made with real ginger) helps with nausea.

Increase fluids as tolerated.

Acetaminophen can be used for fever. Follow instructions on the label. Avoid Ibuprofen and aspirin as these can irritate the stomach.

If you vomit within 30 minutes of taking medication, you should retake it.

After 12 hours, try small amounts of bland foods such as rice, potatoes, pretzels, dry toast, applesauce, and soda crackers such as saltines or oyster crackers. 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 for first 12-24 hours; fluids such as water, sports drinks, clear broth, popsicles, flavored ice or apple juice.

During the next 12 hours, progress to eating bland foods; soup (avoid cream soups), BRAT diet (bananas, white rice, applesauce, and dry toast), pretzels, potatoes and soda crackers such as saltines or oyster crackers.

Progress to a regular diet after soft, formed stools occur.

If symptoms persist for more than six hours, an over the counter antidiarrheal medication such as Imodium, Kopectate, or Pepto Bismol may be used for no more than 2 days. Speak with the pharmacist for specific product advice and follow the instructions on the label.

Acetaminophen can be used for fever. Follow instructions on the label.

AVOID DAIRY PRODUCTS, CITRUS JUICES, RAW FRUITS AND VEGETABLES AND FRIED OR SPICY FOODS FOR 2-5 DAYS AFTER DIARRHEA SUBSIDES.

NOTIFY HEALTH & WELLNESS AT (603) 862-2856 IF OPEN

OR CALL (603) 862-WELL (9355) FOR AFTER HOURS CARE IF...

- Nausea and vomiting have not improved after 24 hours
- Vomiting is frequent and severe
- Vomiting blood or dark coffee grounds-like emesis
- You are having abdominal pain that is severe, persistent, is localized in one area, or interferes with activity
- Your temperature is above 101 degrees Fahrenheit (Thermometers are available for purchase in the Health & Wellness Pharmacy)

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.

YOU MAY ALSO CONTACT HEALTH & WELLNESS IF YOU HAVE ANY QUESTIONS OR CONCERNS



Health & Wellness

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