

## Nausea and Vomiting

**N**ausea is a sickening feeling in the pit of the stomach that may lead to vomiting (throwing up). Nausea and vomiting may be caused by stomach flu, food poisoning, pregnancy, diabetes, migraine headaches, head injuries, or medications—especially antibiotics or aspirin. Nausea and vomiting may also be signs of other serious illnesses.

If you vomit, it's better not to eat anything for several hours or until you're feeling better. However, you should sip clear liquids to keep from getting dehydrated. Clear liquids include rehydration drinks, weak tea, and diluted juice. Avoid carbonated drinks. If vomiting lasts longer than 24 hours, you should sip a rehydration drink to restore lost fluids and nutrients. When you're feeling better, start eating clear soups and mild foods—such as crackers, dry toast, or cooked cereal—until your symptoms have gone away for 12 to 48 hours.

You should call your doctor or other medical professional if any of the following symptoms occur after vomiting:

- if you notice blood in your vomit, which may appear red or like coffee-grounds
- if you have fever and an increasing pain in the lower right abdomen—a possible sign of appendicitis
- if you feel pain in one particular area of the abdomen rather than general cramping
- if you have a severe headache, stiff neck, or if you feel sleepy
- if you think vomiting may have been caused by a medication you're taking, such as antibiotics, aspirin, or ibuprofen
- if vomiting occurred after a head injury or if any vomiting lasted longer than 48 hours in an adult, 12 hours in a child under age four, or eight hours in an infant under six months
- if you experience signs of dehydration, such as persistent weakness when standing, little or no urine for eight hours, doughy skin, sunken eyes, rapid heart rate, or lethargy. (You should be aware that these are signs of severe dehydration and are much more subtle in milder cases.)

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### For more health information ...

- Connect to our Web site at [members.kp.org](http://members.kp.org)
- Check your *Kaiser Permanente Healthwise Handbook*.
- Listen to the Kaiser Permanente Healthphone at 1-800-332-7563. For TTY, call 1-800-777-9059.
- Visit your facility's Health Education Department for books, videos, classes, and additional resources.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

If you have questions or need more information about your medication, please speak to your pharmacist.