

## Nausea & Vomiting

Nausea is a very unpleasant feeling in the pit of the stomach. Someone who is nauseated may feel weak and sweaty and produce lots of saliva. Intense nausea often leads to vomiting, which forces stomach contents up the esophagus and out the mouth. Home treatment will help ease discomfort. Nausea and vomiting may be caused by:

- Viral stomach flu or food poisoning
- Stress or nervousness
- Medications, especially antibiotics and anti-inflammatory (aspirin, ibuprofen, naproxen)
- Pregnancy
- Diabetes
- Migraine
- Head injury

Nausea and vomiting can also be signs of other serious illnesses.

## PERSONAL INSTRUCTIONS

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### After Hours & Weekends:

**ASK – A – NURSE**  
Free health care information &  
physician referral  
24 hours a day  
**Call 594-2000**  
Ask for Ask – A – Nurse

## Gastroenteritis *AKA*— Stomach Flu & Noro virus



**Christopher Newport University**

### HEALTH & WELLNESS SERVICES

1 University Place  
Newport News, Virginia 23606-2998  
James River Hall

Phone (757) 594-7661  
Fax (757) 594-8853  
Email: [uhws@cnu.edu](mailto:uhws@cnu.edu)

## Diarrhea

Give your stomach a rest. Don't eat food for several hours, or until you are feeling better. Most diarrheas clear up with good home care in a few days. Since diarrhea may sometimes speed the recovery of the underlying problem, avoid anti-diarrhea drugs for the first six hours

For relief of cramping and frequent stools, consider using an anti-diarrhea medication such as Immodium AD or Kaopectate. If Pepto Bismol is used it will cause the stool to turn black.

## Home Treatment

- If vomiting is severe and persistent, stop eating food for several hours or until you are feeling better - Take frequent small sips of water or rehydration drinks.
- Begin eating by starting with clear liquids and bland easy to digest foods... frequently called a **BRAT** diet (B- bananas, R- rice, A- applesauce, T- tea or toast).
- Avoid dairy products for three days. Drink only clear

noncarbonated liquids such as water, weak tea, diluted juice, or broth for the next 12-24 hours start with a few sips at a time and increase gradually.

- If vomiting lasts longer than 24 hours, sip a rehydration drink to restore lost fluids and nutrients.
- Rest in bed until you are feeling better.
- Watch for and treat early signs of dehydration
- When you feel better, begin eating clear soups, mild foods, and liquids until all symptoms are gone for 12-48 hours, depending on how you feel. Flavored gelatin, dry toast, crackers, and cooked cereal are good choices.

## Call A Doctor When:

- If vomiting is severe or violent (Shoots out in large quantities)
- If vomiting occurs with fever and increasing pain in the lower right abdomen. Consider Appendicitis.
- If pain is located in one area of the abdomen rather than generalized cramping

- If vomiting occurs with severe headache, sleepiness, lethargy, or stiff neck.
- If vomiting lasts longer than 24 hours in an adult.
- If signs of severe dehydration develop.

If nausea and vomiting persist longer than two hours after a head injury or if violent vomiting last longer than 15 minutes. Limited nausea or vomiting at first is usually not serious.

### URGENT NOTICE

This virus is very virulent! Norovirus becomes airborne after vomiting. Use a small plastic bag that can be twisted and disposed of immediately. The best way to prevent its spread is to wash your hands with soap and water EVERY time you use the toilet. It is best for family/roommates to use another bathroom. Wipe the toilet seat & any other contaminated surfaces with a bleach solution before the next person uses the area. Wash soiled clothing & bedding immediately. Isolate yourself...until you are symptom free!