



## Nausea and Vomiting – Adult

Nausea is a sick feeling that often comes before throwing up (vomiting). Vomiting is a reflex where stomach contents come out of your mouth. Vomiting can cause severe loss of body fluids (dehydration). Children and elderly adults can become dehydrated quickly, especially if they also have diarrhea. Nausea and vomiting are symptoms of a condition or disease.

### TREATMENT

You need to stay well hydrated. Drink frequently but in small amounts. You may wish to drink water, sports drinks, clear broth, or eat frozen ice pops or gelatin dessert to help stay hydrated. When you eat, eating slowly may help prevent nausea. There are also some anti-nausea medicines that may help prevent or relieve nausea such as Gravol®.

### HOME CARE INSTRUCTIONS

- Take all medicine as directed by your healthcare provider. Gravol® is available at the drug store in pills or suppositories.
- If you do not have an appetite, do not force yourself to eat. However, you must continue to drink fluids.
- Avoid high-fat foods because they are more difficult to digest.
- Drink enough water and fluids to keep your urine clear or pale yellow.
- Signs of dehydration may include:
  - Severe thirst.
  - Dry lips and mouth.
  - Dizziness.
  - Dark urine, decreasing urine frequency and amount.
  - Confusion.
  - Rapid breathing or pulse.

### SEEK MEDICAL CARE IF YOU:

- Continue to vomit for longer than 24 to 48 hours.
- Do not urinate at least once every 8 hours.

### SEEK IMMEDIATE MEDICAL CARE IF YOU:

- Have blood or brown flecks (like coffee grounds) in your vomit.
- Have black or bloody stools.
- Have a severe headache or stiff neck.
- Are confused.
- Have severe abdominal pain.
- Have chest pain or trouble breathing.
- Develop cold or clammy skin, fever.

**This general advice cannot cover all possible problems. If there is concern, please contact your physician, healthcare provider or the Emergency Department without delay.**