

**Nausea** is the feeling that you have an upset stomach or that you are about to vomit. **Vomiting** is when stomach contents are thrown up and out of the mouth as a result of nausea. Vomiting can make you feel weak and cause you to become dehydrated. Dehydration can make you feel tired and thirsty, cause you to have a dry mouth, and decrease how often you urinate. It is important to treat your nausea and vomiting as told by your health care provider.

**Follow these instructions at home:**

Watch your symptoms for any changes. Tell your health care provider about them. Follow these instructions to care for yourself at home.

#### Eating and drinking



- **Take an oral rehydration solution. This is a drink that is sold at pharmacies and retail stores.**
- Drink clear fluids slowly and in small amounts as you are able. Clear fluids include water, ice chips, low-calorie sports drinks, and fruit juice that has water added (*diluted* fruit juice).
- Eat bland, easy-to-digest foods in small amounts as you are able. These foods include bananas, applesauce, rice, lean meats, toast, and crackers.
- Avoid fluids that contain a lot of sugar or caffeine, such as energy drinks, sports drinks, and soda.
- Avoid alcohol.
- Avoid spicy or fatty foods.

#### General instructions

- Take over-the-counter and prescription medicines only as told by your health care provider.
- Drink enough fluid to keep your urine pale yellow.
- Wash your hands often using soap and water. If soap and water are not available, use hand sanitizer.
- Make sure that all people in your household wash their hands well and often.
- Rest at home while you recover and watch your condition for any changes.
- Breathe slowly and deeply when you feel nauseated.
- Keep all follow-up visits as told by your health care provider. This is important.

#### Contact a health care provider if:

Your symptoms get worse, new symptoms, fever, cannot drink fluids without vomiting, nausea does not go away after 2 days, feeling light-headed or dizzy, headache, muscle cramps, rash, or pain while urinating.

#### Get help right away if:

You have pain in your chest/neck/arm/jaw; feel extremely weak or you faint, persistent vomiting, vomit that is bright red or looks like black coffee grounds, bloody or black stools or stools that look like tar, severe headache, a stiff neck, severe pain, cramping, or bloating in your abdomen, difficulty breathing, breathing very quickly, heart is beating very quickly, skin feels cold and clammy, confusion, signs of dehydration such as dark urine, very little urine, or no urine, cracked lips, dry mouth, sunken eyes, sleepiness, and weakness.

**This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.**