Vomiting

Throwing up (*vomiting*) is a reflex where stomach contents come out of the mouth. If a person throws up too much, he or she may have dryness (*dehydration*) and feel very weak.

HOME CARE

- Rest.
- **Do not** drink or eat anything for 1 hour after throwing up or until the stomach settles.
- Drink small amounts of clear liquids:
  - Water.
  - Diluted juices.
  - Herbal tea.
  - Sports drinks.
  - Broth.
- There are medicines to stop throwing up. Talk with your doctor about them.
- Once clear liquids are staying down, light foods (gelatin, soup, toast) can be eaten.
- Avoid alcohol, dairy foods, and rich foods until you or your child is better.

GET HELP RIGHT AWAY IF:

- You or your child does not get better in 1 to 2 days.
- You or your child cannot keep any liquids down.
- You or your child throws up blood. This may look like coffee grounds.
- You or your child has pain.
- You or your child feels faint.
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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