Nausea

Nausea is the uncomfortable feeling you get in your stomach before you vomit. There are many causes of nausea and vomiting. Common examples include:

- Virus infections.
- Food poisoning.
- Medications.
- Pregnancy.
- Motion sickness.
- Migraine headaches.
- Emotional distress.
- Severe pain from any source.
- Alcohol intoxication.

Treatment is aimed at the relief of symptoms. If able, prevention of vomiting and dehydration works best.

Most virus infections and food poisoning symptoms will improve within 12-24 hours of onset. Some medications that cause nausea may be taken at bedtime. Avoid alcohol since this can irritate the stomach and make your symptoms worse. Get plenty of rest. Eat or drink small amounts of food and liquids more often. Medications for nausea, vomiting, and motion sickness are given orally, by suppository, or by injection.

Call your caregiver if your condition is not improved within 2 days or your condition gets worse in a few hours.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop repeated vomiting, blood in the vomit, or dark or bloody stools
- You develop severe chest or abdominal pain or headache
- You develop fainting, extreme weakness, dehydration, or a high fever

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