Hiccups

Hiccups are automatic contractions of the diaphragm muscle which causes regular gulping movements. They usually occur without warning. They may follow over eating or drinking large amounts of carbonated drinks. Hiccups are usually considered harmless and do not point to a serious medical condition. Here are some popular remedies that may stop a bout of hiccups:

- Gargling ice water.
- Swallowing granulated sugar.
- Biting on a lemon.
- Breath holding, breathing fast, or breathing into a paper bag.
- Bearing down.
- Gasping after a sudden fright.

SEEK MEDICAL CARE IF:

- Hiccups last more than 48 hours.
- Hiccups that do not get better with medicine.
- New symptoms show up.
- You cannot sleep or eat due to the hiccups.
- Weight loss.
- Emotional distress.

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