Vomiting

Vomiting can be caused by many different medical problems including:

- Stomach trouble.
- Nervous system problems.
- Alcohol and drug toxicity.
- Infections.
- Severe headache or body pain.
- Any type of head trauma.

Repeated vomiting can lead to dehydration and severe weakness.

The treatment for vomiting includes:

- Stay in bed, rest.
- Do not drink or eat anything for 2-4 hours, or until vomiting has ceased for 1 hour. Only then start sipping clear liquids, 2-3 swallows every 15 minutes. After 3 hours of no vomiting, increase to 5-6 swallows every 15 minutes. Continue to double amount every 3 hour period with no vomiting.
- Clear liquids include:
  - Water.
  - Flat sodas.
  - Gatorade.
  - Diluted juices (no pulp).
  - Teas.
- If vomiting persists call or see your health care provider for medicine.
- Medicine to stop vomiting (anti-emetic drugs) may be given by injection, rectal suppository, or orally, as needed.
- After you can keep down clear liquids, other light foods (gelatin, soup, bread) can be started in small amounts. Avoid alcohol, dairy products, and richer foods for several days until you are completely better.

Call your doctor if your condition is not better in 1-2 days. **Call right away or go to the emergency room if you cannot take any oral fluids, if you vomit blood, if you have increased pain, fainting, dehydration, fever, or other serious symptoms.**

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