

Vomiting

What and where is it?



- **Vomiting**- loss of fluids and calories, unpleasant feeling in the abdomen as nausea, a forceful expulsion of stomach contents through the mouth



What are the causes?

- **Causes**- Virus, parasites, bacteria, stress, motion sickness, rich foods, ulcer, gallbladder disease, pregnancy, drugs, chemotherapy, morphine
- **Obstruction**- of the intestines, stomach or gallbladder
- **Psychological Problems** - intentional as to decrease weight, avoid going to school, anxiety situation

Facts:



- **Nausea and Vomiting**- are often seen with: Chemotherapies, drugs, dying person, eating disorders, esophageal rupture, food poisoning, gastroenteritis, morning sickness in pregnancy, meningitis, newborns, projectile, traveler's
 - See FFF- for more information as needed

What can I do?

- **See a Health Care Provider**- for more information
- **Drink**- Clear Liquids for 24 Hours, suck on ice chips
 - See FFF- Clear Liquids Diet
- **Avoid Sweetened Beverages** - fruit drinks or fruit flavored drinks
- **Avoid**- solid foods
- **Gradually**- add solid foods and begin with bananas, rice, applesauce, toast (BRAT Diet), Clear Liquids and unsweetened cereals
- **See a Registered Dietitian**- for help with Meal Planning
 - Clear Liquid Diet
 - BRAT Diet
 - Progression of Solid Foods

