

# Vomiting

## What and where is it?

- **Vomiting**- Loss of Fluids and Calories; Nausea
- **Unpleasant Feeling**- in the Stomach
- **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
- **Obstruction**- of the Intestines, Stomach or Gallbladder
- **Psychological Problems** - as to Decrease Weight, Avoid Going to School, Anxiety

## Facts:

- **Nausea and Vomiting are often seen with**- Chemotherapies, Drugs, Dying Person, Eating Disorders, Food Poisoning, Morning Sickness in Pregnancy, Meningitis, Newborns



## What can I do?

- **See a Health Care Provider**- for more information
- **Suck on**- Ice Chips, drink Clear Liquids for 24 Hours
- **Avoid**- Fruit Drinks, Sweet Drinks, Solid Foods, Bananas, Rice, Applesauce, Toast, Unsweet Cereals, Add Foods
- **See a Registered Dietitian**- for help with Meal Planning
- **Visit Your Local Health Department**

