

SELF CARE FOR NAUSEA, VOMITING AND/OR DIARRHEA

Positive answers to any of the following questions indicate that you should sign in to be seen during morning walk-in hours (8am to 11am, Monday-Friday) or call 777-2221 for an afternoon appointment.

Does the vomit or diarrhea have blood in it, have a “coffee grounds” look, or is it black?	NO	YES
Is there severe, steady abdominal pain?	NO	YES
Is there a severe headache?	NO	YES
Did the vomiting occur after a head injury?	NO	YES
Have you had a fever (100° or more) for the past 24 hours?	NO	YES
Have you been unable to hold down even sips of liquids for more than 12 hours?	NO	YES
Has vomiting lasted more than 24 hours?	NO	YES
Have you had severe diarrhea for more than 2 days?	NO	YES
Is there a yellowish color to your skin or the whites of your eyes?	NO	YES

If you have answered no to each of these questions, please be guided by the following suggestions:

1. Do not eat or drink anything for 1 hour after throwing up.
2. Drink sips of clear fluids for the first 12 hours. These include gelatin (not red), water, sports drinks, flat soda, clear broth, flavored ice and apple juice. Do not drink citrus juice (OJ, grapefruit), coffee, alcohol or milk.
3. Increase your fluids as tolerated.
4. If you can keep fluids down, you may next try the BRAT diet (bananas, rice, applesauce and toast ... some say tea) or small amounts of bland foods like potatoes, soda crackers and pretzels.
5. Avoid high-fiber foods, fatty or spicy foods, alcohol, coffee, caffeinated drinks, milk products and raw fruits and vegetables for 2 to 5 days after the diarrhea subsides.
6. Be sure to wash your hands frequently and every time you use the bathroom. Avoid using towels, tableware and cups used by others.
7. You may take OTC Dramamine or Emetrol for nausea, or antacid/antigas liquid or chewable tablets (Tums, Maalox, Mylanta). For diarrhea you may consider using loperamide (Imodium), Kaopectate, Pepto-Bismol or other antidiarrhea medication if desired. Tylenol (acetaminophen) may be used for fever or pain but avoid this if you have liver disease. Aspirin, ibuprofen (Advil, Motrin) and naproxen sodium (Aleve) are discouraged because of the potential side effect of stomach irritation.

The above OTC medications can be obtained at the BU bookstore, local drug stores, Target, Wal-Mart, and Wegmans.

BE SURE TO READ THE INSTRUCTIONS ON THE PACKAGING ALONG WITH SIDE EFFECTS. IF SYMPTOMS PERSIST, COME TO OUR MORNING WALK-IN OR CALL FOR AN AFTERNOON APPOINTMENT.