

## Nausea, Vomiting or Diarrhea

### **Treatment for nausea and vomiting:**

- Sip on ginger ale, do not “chug”
- Consider taking Pepto-Bismol as directed on product packaging (be aware that this medication can cause black-colored stool or tongue)
- Eat a bland diet (bananas, rice, applesauce, plain toast, saltine crackers, soup broth, plain pasta noodles)
- If you are not eating, drink fluids with electrolytes (Gatorade or Powerade) to prevent dehydration. You need to drink more than water 😊
- **DO NOT** eat greasy, spicy or fried food
- Suck on hard candies such as peppermints and lemon drops

**\*\*Seek medical treatment at a local emergency room** if you experience blood in your vomit, dizziness when standing, a decrease in how often you urinate, dark colored urine, severe abdominal pain or if you're unable to drink or keep fluids down.

### **Treatment for diarrhea:**

- Drink fluids with electrolytes (Gatorade, Powerade, Pedialyte) to replace lost fluids.
- Consider taking Imodium or Pepto-Bismol as directed on product packaging.
- Wash your hands thoroughly after using the toilet
- **DO NOT** eat greasy, spicy or fried food
- Eat a bland diet (bananas, rice, applesauce, plain toast, saltine crackers, soup broth, plain pasta noodles)

**\*\*Seek medical treatment** if you experience symptoms for more than 48 hours or notice blood in your stool, have a fever greater than 101°F or have severe abdominal pain.