Stomach Ache
Nausea, Vomiting or Diarrhea with Dehydration

What to know...what to do:

• Many causes for gastro-intestinal disorders, virus, bacteria, toxins.
• Dehydration may develop after multiple episodes of vomiting or diarrhea. Dehydration may cause electrolyte imbalance.
• Do not eat solid foods until vomiting or diarrhea is resolved. Increase your fluid intake with electrolyte beverages, “flat” ginger ale or lemon-lime soda, or ice chips. Introduce solids food slowly using the BRAT diet!
  o B=Bananas
  o R=Rice
  o A=Apple sauce
  o T=toast
• Over the counter medication to decrease gastric motility may decrease the number of diarrhea stools. Imodium or Pepto-Bismol may be recommended by your medical practitioner.
• Anti-nausea medication may be prescribed to minimize nausea & vomiting.
• Avoid alcohol, caffeine, milk and dairy products until condition is resolved.
• Wash your hands and cover your cough to reduce the spread of the virus!

Visit the Welty Health Center if...

• Diarrhea or vomiting persists more than 48 hours
• Mucus, blood, or worms appear in stool or vomit.
• Fever of over 101 degrees or higher
• Develop dry mouth, wrinkled skin, excess thirst, or little or no urination.

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