



Vomiting: Self-Care

Here are some general tips to help your body recover ...

Vomiting is caused by a wide variety of illnesses and medical conditions.

After vomiting ... wait 2 hours for your stomach to settle before swallowing any liquids. (You may rinse your mouth right after vomiting but don't swallow).

After your stomach settles ... start by taking 1 to 2 teaspoons of clear liquid, then every 15 or 20 minutes, increase the amount slowly. This will help to prevent dehydration.

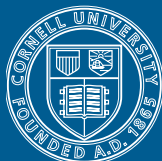
Clear liquids include:

- **Pedialyte** (available at Cornell Health's pharmacy and in the infant section of grocery stores) is a balanced salt solution that replaces lost fluids using just a small amount of sugar. It's very bitter, but tastes better if you add a flat ginger ale to it.
- **Oral rehydration salts** (available at Cornell Health's pharmacy) are specially formulated to help replace lost salts and avoid dehydration.
- **Flat ginger ale or cola** (with bubbles stirred out)
- **"Gatorade-type" sports drinks** (not as effective as Pedialyte, but better than "Kool-Aid" type drinks)
- **Diluted "Kool-Aid" type drinks**
- **VERY diluted clear juices, like apple juice** (undiluted juices can contribute to diarrhea)
- **Freeze pops; popsicles** (cut off small chunks)
- **Water (or ice chips)** prevents dehydration, but does not replace lost salts, so re-hydration

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solutions are preferable for vomiting that lasts more than a day or two.

What can I eat?

Once you've stopped vomiting for at least 6 hours and are holding down fluids, you should start out slowly by trying to eat bland foods such as the "BRATS" diet:

Bananas, bread (to help replace potassium)

Rice, rice-based cereal

Apples, applesauce

Toast (no butter, small amount of jam or jelly are okay)

Saltines or other crackers help replace lost sodium

What if I still feel sick?

Seek medical attention if the advice on this page is not helping you feel better, or if you have experienced any of the following:

- been vomiting for more than 1 day
- had an extremely painful headache
- developed a rash
- significantly reduced amount of urine

Call Cornell Health (607-255-5155) or another health care provider.