Student Health Services
Division of Student Affairs
https://studenthealth.ecu.edu/

1000 East 5th Street • Greenville, NC 27858 • Phone (252) 328-6841 • Fax (252) 328-0462 • https://ecu.medicatconnect.com/

Nausea, Vomiting, or Diarrhea Self Care Information

DO:

- Drink or sip small amounts (1/2-1 glass) of clear liquids every hour
- Follow upset stomach diet (see below)
- Use self-care medications as indicated
- Activity as tolerated

AVOID the following for at least 4-5 days:

- Raw fruits and vegetables
- Highly spiced or seasoned foods (vinegar, pepper, mustard, pickles, etc.)
- Fried foods, gravies
- Dairy products (milk, butter, etc.)
- Caffeinated beverages, i.e. coffee, tea, colas or alcoholic beverages
- Smoking or smoke exposure

Diet for Upset Stomach

1st and 2nd Day:	Clear liquids, i.e. water, Gatorade, 7-Up, Ginger ale, decaffeinated tea or colas, chicken or beef broth, plain Jell-O. If tolerating clear liquids for at least 4 hours, may eat dry toast or crackers.
3rd and 4th Day:	Soft, unseasoned foods, i.e. plain baked potato, rice, soft boiled egg, plain baked or broiled chicken, bananas.
5th Day:	Advance as tolerated/Low Residue Diet

Make an appointment with a health care provider if your symptoms persist or if the following develop:

- Severe diarrhea or unable to keep clear liquids down
- Vomiting blood or dark brown liquid
- Blood in stool, or black tarry stools
- Abdominal pain-progressive, worsening, persistent
- Unable to urinate at least two times a day
- Fever of 101 or greater

OTC Medications

Nausea: Dramamine or Meclizine- per instructions
Abdominal pain/Diarrhea: Pepto-Bismol per instructions, may use Imodium but watch for constipation

Questions or concerns? Call us at (252) 328-6841. If SHS is closed, you can remain on the line to speak to our free, 24 hour nurse call line.