

## Vomiting: Self-Care

Vomiting is caused by a wide variety of illnesses and medical conditions. Here are some general tips to help your body recover:

*After vomiting-* wait 20-40 minutes 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 out by taking 1-2 teaspoons of clear liquid, then every 15-20 minutes, increase the amount slowly. This will help to prevent dehydration.

### Clear liquids include:

**Pedialyte** (in the infant section of grocery stores) is a balanced salt solution that replaces lost fluids and has an appropriate (small) amount of sugar in it. It's very bitter, but tastes better if you add a flat ginger ale to it.

**Kaolectrolyte** comes in powder packets (same area of store as Pedialyte)mixes with water and has added Nutrasweet to help it taste better.

**Flat ginger ale** (with bubbles stirred out)

**"Gatorade-type" sports drinks** (not as effective as Pedialyte/Kaolectrolyte, but better than Kool-ade type drinks)

**Diluted Kool-ade type drinks**

**VERY diluted clear juices, like apple juice**  
(undiluted juices can contribute to diarrhea)

**Freeze pops; popsicles** (cut off small chunks)

**Bouillon soups**

**Water (or ice chips)** - prevents dehydration, but does not replace lost salts, so re-hydration solutions are preferable for vomiting that lasts more than a day or two.

(over)

## What can I eat?

Once you've stopped vomiting for at least 12 hours, you should start out slowly by trying to eat bland foods such as the "BRATS" diet:

**B** ananas, bread (to help replace potassium)

**R** ice, rice-based cereal

**A** pples, applesauce (unlike apple JUICE, these have pectin which tends to thicken bowel movements)

**T** oast (no butter, small amount of jam or jelly are okay)

**S** altines or other crackers help replace lost sodium

## What if I still feel sick?

If the advice on this page is not helping you feel better, or if you've:

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

...you should seek medical attention.

Call Gannett (255-5155) or another health care provider.

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