

Nausea and Vomiting



EMERGENCY: CALL **911** IF

- You vomit blood or your vomit is black.
- You have chest pain.
- Your belly is swollen and you are unable to pass gas or stool.
- You have a stiff neck or a severe and unusual headache.

When to seek **professional** help

- You have been vomiting for 6 hours and are not getting better.
- You are unable to keep anything down, including your medication.
- You have been nauseous for more than 24 hours, with no improvement.
- You have a fever.
- You have stomach pain or a headache.
- You are very weak, dizzy or irritable.
- You have a dry mouth or are having trouble urinating. You are thirsty.

How to get **help**

- 24/7, dial **811**
- Call your pharmacist
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811 option 3**
- Find an appointment on rvsq.gouv.qc.ca

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

All content available on sante.quebec

Oftentimes, nausea and vomiting are temporary. While they are usually harmless, they can be unpleasant and tiring.

What to do at home



Rest: Lie down somewhere quiet.



Hydration: Try to drink small amounts of water. You can also buy a rehydration solution or make your own at home: 360 ml of unsweetened orange juice, 600 ml of cooled boiled water and 2.5 ml ($\frac{1}{2}$ teaspoon) of salt.



Diet: Eat easy to digest foods such as bananas, rice, soda crackers or boiled potatoes.