

## Upset Stomach and Diarrhea

### NAUSEA (UPSET STOMACH):

- If you are nauseated, concentrate on fluid intake until the nausea improves. Then eat only a small amount every 1-2 hours.
- Eat bland, low-fat food: clear-broth soups, oatmeal, rice, toast without butter, bananas, plain pasta, plain baked potato.
- Try salty foods, such as crackers or pretzels, and/or ginger (ginger has anti-nausea properties.)
- Avoid greasy/fried foods, spicy foods, foods with strong odors, sweets, dairy products and acidic foods.
- Avoid alcohol and caffeine.

### VOMITING (THROWING UP):

Dehydration can occur quickly; fluid and electrolyte replacement should be started in small amounts when you are able.

1. You can start off allowing ice chips to melt in your mouth.
2. Take small sips of clear liquids, such as water, 7-UP, gingerale, Sprite, Gatorade/Powerade, dilute tea, Jell-O.
3. SIP - do not gulp. Drinking quickly and larger amounts of fluids may cause you to vomit again. Progress slowly over the next 4-6 hours from sipping fluids to drinking at will.
4. After you are tolerating drinking fluids, you may then progress to the following: dry toast (no butter,) cheerios, pretzels, saltine crackers., plain baked potato, rice, chicken soup.
5. If vomiting recurs at any step, go back to #1.

### DIARRHEA:

Diarrhea is a change in frequency, consistency or amount of stools. Follow the same instructions as for vomiting.

- Do not drink milk or milk products until diarrhea is completely stopped. Milk and sugar can make the diarrhea worse.
- Plain or Vanilla yogurt (not the fruity, sweet types) is okay.
- Avoid fried foods, raw fruits and vegetables, creamed soups.
- Over the counter anti-diarrheal medicines may help.

### \*\*\*WHEN TO CALL SCHIFFERT HEALTH FOR AN APPOINTMENT OR TO SEE A MEDICAL PROVIDER IF SCHIFFERT IS CLOSED:

- **SEVERE ABDOMINAL PAIN OR ANY PERSISTENT ABDOMINAL PAIN**
- **FEVER 101 OR HIGHER**
- **UNABLE TO STAND UP WITHOUT FEELING AS IF YOU ARE GOING TO FAINT**
- **SEVERE/FREQUENT VOMITING OR VOMITING THAT PERSISTS > 24 HOURS**
- **SEVERE HEADACHE OR NECK PAIN**
- **ANY NEW/UNEXPLAINED RASHES**

### DO YOU EAT ON-CAMPUS?

Students who are sick or unable to visit a dining facility can make special meal arrangements for someone else to pick up food for them on a temporary basis. You must make arrangements in advance by calling one of the dining facilities managers. This website provides all the information about this service:

[http://www.dining.vt.edu/policies/dining\\_policies.html](http://www.dining.vt.edu/policies/dining_policies.html)

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## WHAT TO EAT THE FIRST SEVERAL DAYS AFTER VOMITING OR DIARRHEA:

It is safe to begin eating bland (easy-to-digest) foods after the first 24 hours of diarrhea or when liquids stay down with no further vomiting.

- Oatmeal or Cream of Wheat (instant microwavable or regular made with water, not milk)
- Dry cereal (no milk; Cheerios®, Corn Flakes®)
- Plain Rice or Pasta (no butter, oil, or sauces)
- Crackers or Pretzels
- Gingers(ginger helps with nausea)
- Plain Toast (no butter or jelly)
- Mashed potatoes or plain baked potato
- Bananas
- Applesauce, canned fruits
- Chicken noodle soup
- Cooked carrots or green beans

Examples of food to avoid may include:

- spicy foods
- caffeine
- chocolate
- alcohol
- fried foods & greasy foods
- acidic fruit juices (orange and grapefruit)
- gaseous vegetables (i.e. broccoli, cabbage, corn, cauliflower, onions)
- cheese and milk products if you are still experiencing diarrhea

## A FEW WORDS ABOUT GASTROENTERITIS:

Gastroenteritis is an illness characterized by nausea, vomiting, and/or diarrhea, caused by inflammation of the stomach and intestines typically from viral infections or bacterial toxins (food poisoning.) It is commonly called "the stomach flu," although it is not related to Influenza. Norovirus is the most common virus that can cause nausea, vomiting, and diarrhea. It is very contagious and symptoms occur 10 hours to 2 days after exposure. Most people get better within

1 or 2 days but may be contagious for as 2 weeks. People who work in restaurants, handle food, and work in daycare centers or nursing homes should not return to work until they have been well for 3 days.

How to prevent getting gastroenteritis:

- Handwashing with water and soap. Hand sanitizers may not be as effective for some infections.
- Promptly disinfect contaminated surfaces with household chlorine bleach cleaners, such as Chlorox ®liquid, Chlorox Wipes®.
- Avoid food or water from sources that may be contaminated. Do not share eating or drinking dishes/utensils with anyone . Some people may be contagious but may not have any symptoms yet.

## FOR MORE INFORMATION:

<http://www.mayoclinic.org/diseases-conditions/viral-gastroenteritis>

<http://www.cdc.gov/norovirus>