



STUDENT
Health Services
at the Wilce Student Health Center

Wilce Student Health Center
The Ohio State University
1875 Millikin Rd.
Columbus, OH 43210
(614) 292-4321



Information From Your
Wilce Student Health Center Provider
<http://shs.osu.edu>

NAUSEA/ VOMITING/ DIARRHEA

Associated Symptoms

- Mild fever and body aches
- Fatigue and headache
- Abdominal cramping

Causes

- Viral or bacterial infection
- Food poisoning
- Overindulgence of alcohol
- Adverse reaction to medication

How Long Will It Last?

- From 24 hours to 7 days

Treatment: Nausea and/or Vomiting

- First 6 hours: after vomiting, begin ice chips and sips of water one hour after vomiting
- First 24 hours: gradually add clear liquids beginning with a sip or two every 10-20 minutes (water, gingerale, 7-up, Jell-O, Kool-Aid, broth, or Gatorade).
- Second 24 hours: Begin easily-digested foods. Suggestions: cooked cereals, broth, saltines, toast

Nausea/Vomiting and/or Diarrhea

- Avoid fruit and vegetable juice; substitute bananas, rice, potatoes, or applesauce.
- Avoid fried food, caffeine beverages, milk products, high fiber foods, and alcohol for at least 3 days.

WHEN TO SEEK MEDICAL CARE

- If vomiting occurs for more than 12 hours or diarrhea occurs for more than 48 hours
- If signs of dehydration develop (decreased urine volume)
- If fever is higher than 101°
- If there is blood in the vomit or stool
- If abdominal pain is severe
- If there is known diabetes or ulcer disease
- If the headache is severe