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 CLSC
- 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.

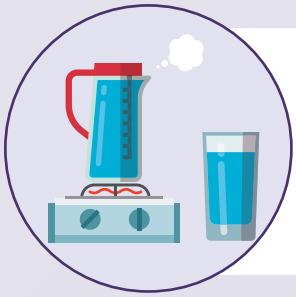
Québec

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 5 ml (½ teaspoon) of salt.



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