Health and Wellness

Home Care Instructions:

Nausea ♦ Vomiting ♦ Diarrhea

◆ No milk or milk products, fruits, fruit juices, vegetables, fried or spicy foods for 5 days after vomiting and diarrhea subsides.
◆ Clear liquid diet first 24 hours. (PowerAde, Gatorade, Pedialyte.)
◆ Over next 24 hours, progress to soup (no cream soup), dry toast, soda crackers, rice, pretzels, potatoes (i.e. mashed with salt, no butter).
◆ Progress to regular diet after 5 days.
◆ Diarrhea is the body's natural way of getting rid of toxins. After 24 hours of diarrhea and cramping, may try over the counter anti-diarrheal medications such as Kaopectate or Pepto-Bismol®. Follow instructions on the label.
◆ For vomiting, lasting more than 12 hours take Pepto-Bismol® as directed on label.
◆ Ibuprofen can be taken for fever one tablet/capsule 4 times per day (meals and bed time). Follow instructions on the package. **DO NOT** take aspirin. (Ibuprofen is an anti-inflammatory and the generic equivalent of Motrin or Advil. Generic is okay.)

Report the following to the Health and Wellness Center or Physician

☑ Abdominal discomfort.
☑ No improvement or diarrhea worsens after 24 hours of home care measures.
☑ Yellow, frothy, bloody, or green stool occurs more than one time.
☑ Signs of dehydration (i.e. dry mouth, dark urine, reduced urination, light headed, near fainting or rapid heart rate).
☑ Fever, weakness or lethargy.
☑ Insulin-dependent diabetic changing diet plan.
☑ Blood in vomit.
☑ Chest discomfort.
☑ Fever greater than 101.0°.

Seek Emergency Care if the following occurs:

- Increased abdominal pain.
- Chest pain.
- Fever greater than 102.0°.

SPECIAL INSTRUCTIONS

Return to clinic for follow up appointment as directed or on ____________ if not better in ____ 2 days or if not completely resolved in ____ 10 days or if ____ worsening of signs or symptoms occur.

AFTER HOURS

Contact your RD or RA or Security at 830-739-1111.
Call 911 (9-911) if life threatening emergency.