

What are the symptoms?

- Nausea and Vomiting
- Diarrhea
- Abdominal cramping
- Lack of appetite
- Low grade fever/chills
- Body aches
- Fatigue
- Headache

Typically, gastroenteritis is caused by viruses, no serious consequences occur, and the condition resolves itself in a few days without medical treatment.

How do I feel better?

- Drink fluids and get plenty of rest. Do not consume alcohol or caffeine.
- Avoid medications containing aspirin or ibuprofen, which may irritate your stomach, and do not take any medications by mouth unless directed by your medical care provider.
- **Drink clear liquids.** Sip water/half-strength sports drinks or suck on ice chips. If you vomit using this treatment, do not take anything for 1 hour and start over again.
- **If you do not vomit fluids,** you may progress to full-strength sports drinks; popsicles; clear broth; bouillon; decaf tea; clear apple juice; plain-flavored gelatin; and half-strength, clear, carbonated beverages without fizz (ginger ale, lemon-lime sodas, etc.). NOTE: To remove the fizz from soda, pour some into a glass and stir with a spoon.
- **As you become hungry, try moving to soft foods.** Some examples include: saltine crackers, dry white bread/toast, bananas, apple sauce, plain white rice, soft cereals prepared with water, plain noodles and broth soups. Do not use sauces or condiments, including butter. You may return to a normal diet as tolerated within 24 hours after recovery from vomiting.

Seek medical treatment if:

- Symptoms last more than 2-3 days.
- You are unable to keep fluids down.
- You see blood or mucus in your stool.
- You vomit black or dark red material.
- You have a fever of 101°F (38.33°C) or higher.
- You have localized and/or persistent abdominal pain.
- You are not urinating as you normally do.

Recommended diets for stomach illnesses:

Clear liquid diet

- Apple, grape or cranberry juice
- Kool-Aid
- Fruit punch
- Gatorade
- Ginger ale or 7UP
- Decaf tea
- Clear bouillon
- Jell-O
- Popsicles
- Fruit ice
- Salt

Clear liquid diet, plus

- Coffee
- White bread or toast
- Cooked or ready-to-eat cereal (no bran)
- Graham crackers
- Saltines
- Pasta or rice
- Soft, cooked vegetables
- Boiled or mashed potatoes
- Apple sauce
- Bananas or seedless melon
- Cooked or canned fruits
- Mild cheese or cottage cheese

Full liquid diet

- Cocoa
- Carbonated, decaf beverages
- Broth
- Strained, bland soups
- Cream of wheat or rice cereals
- Decaf tea
- Vegetable juices
- Strained fruit juices or nectars
- Sherbets
- Honey

Soft full liquid diet, plus

- Soft-cooked, poached or hard-boiled or scrambled eggs
- Tender meat, fish or poultry
- Soft cake or cookies without nuts or raisins
- Butter, cream or margarine
- Jelly

Things to avoid while recovering

- Alcohol and Caffeine
- Dairy products
- Citrus products
- Fatty, greasy and/or fried foods
- Raw fruits and vegetables
- Aspirin and Ibuprofen