



Accurate Clinic

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www.AccurateClinic.com

Diet for Vomiting & Diarrhea

Vomiting and diarrhea are common symptoms that may be due to different causes. These include gastroenteritis ("stomach-flu"), food poisoning and gastritis. There are other more serious causes of vomiting which may be hard to diagnose early in the illness. Therefore, it is important to watch for the warning signs listed below.

HOME CARE:

- 1) If symptoms are severe, rest at home for the next 24 hours.
- 2) You may use acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) to control fever, unless another medicine was prescribed.

NOTE:

If you have chronic liver or kidney disease or ever had a stomach ulcer or GI bleeding, talk with your doctor before using these medicines.

Aspirin should never be used in anyone under 18 years of age who is ill with a fever. It may cause severe liver damage.

- 3) Avoid tobacco and alcohol use, which may worsen your symptoms.

Once vomiting stops, then follow these guidelines:

DURING THE FIRST 12-24 HOURS follow the LIQUIDS ONLY diet below:

- **FRUIT JUICES:** Strained orange juice or lemonade (no pulp), apple, grape and cranberry juice, clear fruit drinks, electrolyte replacement and sports drinks.
- **BEVERAGES:** Soft drinks and carbonated drinks without caffeine; mineral water (plain or flavored), decaffeinated tea and coffee. No milk or dairy products
- **SOUPS:** Clear broth, consommé and bouillon
- **DESSERTS:** Plain gelatin (Jell-O), popsicles and fruit juice bars. As you feel better, you may add 6-8 oz of yogurt per day.

DURING THE NEXT 24 HOURS

You may add the following to the above:

- Hot cereal, plain toast, bread, rolls, crackers • Plain noodles, rice, mashed potatoes, chicken noodle or rice soup. No milk or dairy products
- Unsweetened canned fruit (avoid pineapple), bananas
- Limit fat intake to less than 15 grams per day by avoiding margarine, butter, oils, mayonnaise, sauces, gravies, fried foods, peanut butter, meat, poultry and fish.
- Limit fiber; avoid raw or cooked vegetables, fresh fruits (except bananas) and bran cereals.
- Limit caffeine and chocolate. No spices or seasonings except salt.



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DURING THE FOLLOWING 24 HOURS

Gradually resume a normal diet, as you feel better and your symptoms lessen.

FOLLOW UP with your doctor as advised if you are not improving over the next 2-3 days.

RETURN PROMPTLY or contact your doctor if any of the following occur:

- Continued vomiting (unable to keep liquids down)
- Increasing general abdominal pain
- Constant right-sided lower abdominal pain
- Frequent diarrhea (more than 5 times a day); blood (red or black color) or mucus in diarrhea
- Weakness, dizziness, fainting or extreme thirst
- Fever over 101.0° F (38.3° C) oral, for more than 3 days
- Yellow color of the eyes or skin