

DIET SHEET FOR NAUSEA, VOMITING AND DIARRHEA

FIRST 24 HOURS

CLEAR LIQUIDS ONLY

Water, crushed ice, weak tea, coke, 7-up, ginger ale, (flattened) bouillon, Gatorade, and jello.

OMIT

Canned soups (due to fat), citrus juices and all milk products

NOTE:

Vomiting—start with small sips every 10-15 minutes adding larger quantities as tolerated.

Diarrhea—drink large quantities in longer intervals.

Vomiting and diarrhea—follow directions for vomiting.

SECOND DAY

STARCHY DIET (if tolerating clear fluids)

Toast, applesauce, rice, crackers, bananas, potatoes, pasta with a small pat of margarine.

OMIT

Butter, all milk products, gravies and sauces

THIRD DAY

If tolerating starchy diet, slowly add other foods. Add spicy and fried foods last. Do not consume milk or milk products for at least 48 hours after diarrhea stops.

NOTE:

If vomiting and /or diarrhea returns, stop eating and drinking for a few hours. Once your stomach is more settled, start with small sips of clear fluids and work up to full diet.

NOTE:

If vomiting and /or diarrhea persists for greater than 1-2 days, or any of the following symptoms occur:

Fever greater than 102, bloody diarrhea or vomiting, significant drop in urine output, persistent abdominal pain (localized constant pain, not cramping) seek medical attention immediately.