



What is Gastroenteritis?

Gastroenteritis is an illness characterized by nausea, vomiting, fever, diarrhea, and abdominal cramps. It is most commonly caused by viruses and no tests are usually necessary.

What should I do?

FOR VOMITING

AVOID:

- Citrus fruits and juices such as grapefruit, orange, pineapple, and tomato
- Dairy products such as butter, cheese, milk, ice cream, and sherbet
- Eggs

DURING THE FIRST 12 TO 24 HOURS:

Wait until two hours after your last emesis (vomiting), and then take the following fluids in **small** frequent amounts (30cc or two tablespoons every 15 minutes): water, sports drinks (such as Gatorade), carbonated beverages (such as Seven-up, Sprite, and ginger ale), tea, fat-free broth, apple juice, popsicles, and Jell-O.

DURING THE NEXT 12 TO 24 HOURS AFTER PERIOD WITHOUT VOMITING:

Take small frequent amounts of applesauce, banana, cereal, soda crackers, toast or plain rice.

AFTER 24 - 48 HOURS IF NO VOMITING:

Go back to a regular diet.

FOR DIARRHEA

AVOID:

- All fruit except bananas and skinless apples
- Fruit juices except apple
- Fresh vegetables
- Bran

TAKE:

- Fluids such as water, sports drinks (Gatorade), carbonated beverages (Seven-up, Sprite, and ginger ale) tea, fat-free broth, apple juice, popsicles, and Jell-O.

- Eat bananas, plain rice, applesauce, toast, and crackers.

After your stools begin to firm up, you may return to your regular diet.

Use medicines to stop vomiting and diarrhea only if recommended by your medical provider.

If you have high fever, severe abdominal pain, prolonged or persistent vomiting, persistent diarrhea, bloody stools, weakness, lightheadedness or any other symptom that concerns you, please return to Student Health Services for re-evaluation. If after hours, please go to an urgent care center or to a hospital emergency room.