

Pueblo Student Health Services
Colorado State University- Pueblo
2200 Bonforte Blvd, Ste 112
Pueblo, Colorado 81001-4901

Nausea/Vomiting

Oral Re-hydration Instructions



- 1) Discontinue solid foods
- 2) Clear liquids only until at least 4 hours have passed without vomiting.
- 3) Start with 1 tablespoon (15cc) every 10 minutes.
- 4) If vomiting does not occur, double the amount each hour.
- 5) If you do vomit- allow stomach to rest briefly, then start again.
- 6) Key is to increase amount of fluid until taking 4oz -8oz every hour.
- 7) May use Pedialyte, Gatorade, flat 7up and/or water.
- 8) Resume normal diet as soon as tolerated.

Over the counter medication for nausea:

Emetrol: Do not dilute or take fluids 15 minutes before or after.

Dose: 15-30 ml as needed (every 15 minutes/ max of 5 doses), follow instructions on package.

Or

Pepto-Bismol

Call with questions, concerns, or worsening symptoms 549-2830.