

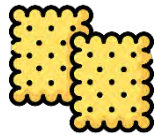
## Prevention/Home Remedies

To improve your symptoms, you may try the following remedies/solutions:



### Stay Hydrated

Drink a lot of fluids, if possible.  
Do not continue drinking if you feel like vomiting.



### Eat Bland Food

Start with easy-to-digest foods such as soup, gelatin, crackers and toast.  
When this is manageable, you can try high-protein or high-carbohydrate foods such as cereal, rice and fruit.



### Avoid Fatty and Spicy Foods

These foods can make your nausea worse.

If you are still experiencing nausea or vomiting symptoms, please seek medical advice immediately.

Clinic 4B  
TTSH Medical Centre, Level 4  
Contact:  
6357 7000 (Central Hotline)



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Department of  
**GASTROENTEROLOGY &  
HEPATOLOGY**

## Nausea and Vomiting



## What Is Nausea and Vomiting?

Nausea is the sensation you get when you think you might throw up.

Vomiting is when you throw up (some or all of the contents in your stomach come out through your mouth).

Sometimes, people feel nauseous without throwing up, and sometimes people throw up without feeling nauseous first. Often, these two can happen together.

## What Are Some Common Causes of Nausea and Vomiting?



### 1. Food poisoning

- This can happen if you eat food that has expired/gone bad, causing an infection in your stomach



### 2. Problems with the stomach or intestines

- Blockage in the stomach or intestines may occur in patients with:
  - ulcers in their stomach
  - cancer in their intestines
  - adhesions (tissues and organs stuck together)
- Delayed food digestion after a meal (more common in people with diabetes)



### 3. Dizziness/motion sickness

- This is caused by repeated movement from sitting in a vehicle (e.g. car or boat) or any other movements that disturb the inner ear



### 4. Migraines/headaches

- Migraines are sometimes accompanied by nausea and vomiting



### 5. Medicines

- Examples: antidepressants, antibiotics, vitamins, birth control pills, and pain medicines
- People who are on chemotherapy for cancer treatment or who have been under anaesthesia also often experience nausea or vomiting



### 6. Pregnancy

Pregnant women may experience "morning sickness", which can happen at any time of the day



### 7. Alcohol consumption

## When Should You See A Doctor?

You should seek medical attention if you experience the following symptoms:

- Vomiting for more than 24 hours
- Chest or abdominal pain
- Throwing up blood or have coffee ground-like stains in your vomit
- Stools with blood or stools that are black and look like tar
- Urine that is dark yellow in colour
- Not needing to urinate for more than five hours

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- Fever with a temperature above 38°C
- Severe headache/ stiff neck/ dizziness
- Feeling very tired or having trouble getting up from lying down
- Signs of dehydration (e.g. feeling very thirsty or having a dry mouth/tongue)

## How Are Nausea and Vomiting Diagnosed?

The cause of nausea or vomiting can be diagnosed/identified from your symptoms, physical examinations and the results of tests.

Depending on your symptoms, your doctor will schedule tests if needed (e.g. gastroscopy).

- **Gastroscopy** is a procedure where the doctor puts a thin tube down your throat, which leads into your stomach
- This procedure allows the doctor to see inside your stomach



Gastroscopy procedure