

NUTRITION KEYNOTES

Guidelines for Vomiting and Diarrhea (Adult)



Goals: To prevent dehydration. To allow the gastrointestinal tract to rest. To change stool texture. For relief of short-term flu-like symptoms.

Diarrhea

In the **first 12 to 24 hours:**

- Take nothing but the following clear **liquids** in frequent, small feedings: fat-free broth/bouillon, popsicles, water, gelatin, tea, and rehydration drinks such as Gatorade.

In the **next 12 hours** (if diarrhea has stopped):

- Take frequent, small amounts of applesauce, bananas, cereal without milk, soda crackers, soup (not creamed), toast, plain white rice, plain pasta, and potatoes (no skin).

After 24 hours:

- Try adding baked chicken, turkey, fish, or lean beef; apples (no skin); and well-cooked eggs.

Over the **next 2 to 3 days:**

- Gradually add milk, milk products, canned fruit, cooked vegetables, and juice, as tolerated.
- Eat your regular diet when you feel better.

For more information, please contact your registered dietitian or local Health Education Department.

Vomiting

In the **first 12 to 24 hours:**

- Drink only clear, noncarbonated liquids, such as water, weak tea, diluted juice, or clear broth. Start with a few sips at a time and slowly increase, as tolerated.

If vomiting lasts **longer than 24 hours:**

- Sip a rehydration drink (Gatorade) to restore lost fluids and nutrients.

When you feel better:

- Begin eating soup (not creamed), dry toast, crackers, cooked cereal, and gelatin until all symptoms are gone.
- Foods and drinks that may help with nausea include soft drinks without caffeine, ginger tea, fresh ginger, or chamomile tea.

Important Points

To prevent dehydration, drink 8 ounces (1 cup) of liquid every hour. Do not rush back to a regular diet.

Contact your physician or other health care professional if:

- Diarrhea lasts for 2 days or more
- Vomiting lasts longer than 24 hours