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FACULTY OF NURSING



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Nausea and Vomiting

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Introduction

- Vomiting and nausea are not illnesses but common symptoms that accompany with many diseases and conditions. The problems with nausea and vomiting are related to the cause.
- Nausea and vomiting from Motion Sickness, sea sickness, Food Poisoning, or cancer therapy can result in loss of water and electrolytes, which can lead to dehydration. Vomiting and nausea known as Morning Sickness may occur during pregnancy.

Definition

- Nausea is an unpleasant, queasy feeling in the throat or stomach that may result in vomiting.
- Vomiting is emptying the stomach as a result of strong gagging and retching that leads to throwing up. The stomach's contents are forcefully expelled through the mouth.

Common Causes

- Side effects of anaesthesia used for surgery
- Stomach problems such as blockage
- Bleeding into the stomach from different causes
- Infection, irritation, or blockage of the intestines
- Low or high body chemicals and minerals
- Presence of toxins in the body
- Excessive alcohol intake
- Nausea and vomiting occur frequently in pregnancy

Symptoms

- Nausea is a feeling of unease that frequently includes an upset stomach, dizziness, and anxiety. There is often an urge to vomit. This sensation often feels as if it comes from the stomach, but it is mostly controlled by the brain.
- Vomiting, however, frequently improves the sensation of nausea, at least temporarily.
- When vomiting leads to dehydration from loss of fluids, the affected person may have increased thirst, dry lips, and dry mouth.

When to Seek Medical Care

- You are experiencing nausea or vomiting and severe belly pain
- Vomiting accompanied with fever, especially in a child
- Vomiting blood
- Vomiting won't stop and you are unable to keep any fluids down
- You have a known head injury before vomiting occurred
- You are unable to take your daily medications for other medical conditions
- A new or severe headache is also present

Diagnosis

- Blood tests (to check electrolytes and blood cell count)
- Urinalysis (to check for dehydration and infection)
- X-rays or CT scans may be helpful depending on the doctor's clinical suspicion of the cause of nausea and vomiting
- A Ct Scan of the head may be ordered if there is a new onset headache or head trauma associated with the nausea and vomiting.

Treatment

- Most of the time, nausea and vomiting go away on their own and can be managed at home.

Treatment for nausea and vomiting usually involves medications to decrease the nausea and fluid replacement for dehydration.

Home Remedies and Self-Care at Home

- Begin with small amounts, such as 4-8 ounces at a time for adults and 1 ounce or less at a time for children. Drink only clear liquids (such as clear soup broth, juice, lemon).
- Avoid milk and any dairy products, which can worsen nausea and vomiting.
- After 24 hours of tolerating fluids, work your way up to soft foods, gelatin, oatmeal, yogurt, and similar soft foods. If vomiting and nausea return, switch back to liquids only.

Cont...

- Ginger may be used to control nausea and vomiting.
- Peppermint oil is reported to relax the muscles in the gastrointestinal tract, and may be a natural cure to help relieve symptoms of nausea and vomiting.

Medications

- The most commonly prescribed anti-nausea and anti-vomiting medications
- [prochlorperazine](#) (*Compazine*)
- [ondansetron](#) (*Zofran*)
- [promethazine](#) (*Phenergan*)
- [metoclopramide](#) (*Reglan*)
- [trimethobenzamide](#) (*Tigan*)
- [hydroxyzine](#) (*Vistaril*)

Follow-up

- Rest and drink plenty of fluids.
- Take medication, if prescribed, to combat nausea.
- Avoid excessive motion, strong smells, and anxiety-producing situations.
- Take medicines as directed.

To prevent nausea

- Avoid substances or activities that are known to produce nausea, such as drinking alcohol.
- Nausea after eating can be prevented by eating in moderation and not over-eating.
- If you have motion sickness in a boat or automobile, it is often helpful to focus on a stationary object on the horizon.
- Over-the-counter medications such as Dramamine may help prevent motion sickness.

To prevent vomiting

- Vomiting is a normal reflex in many situations but can become excessive as the result of severe nausea. Sip small amounts of clear fluid and rest in a calm environment.