

Progressive Diet for Nausea, Vomiting and Diarrhea

Iowa State University

Thielen Student Health Center



While actively vomiting, avoid drinking water or other liquids; it is ok to rinse your mouth and gargle if comfortable to do so.

Once you have not vomited for at least an hour, you may begin to take small sips of water or suck on ice cubes; small sips should be roughly 1-2 teaspoons, every 10 minutes, until you been able to keep this down for 60-90 minutes; you can then progress to clear liquids.

Clear liquids could include water, clear sodas that have been de-fizzed (pour between two glasses until it no longer bubbles up), Jell-O, 1:1 dilution of Gatorade®, tea with honey, bouillon or clear base broth from a non-greasy soup. If any nausea or vomiting recurs, go back to smaller amounts or begin the process again, taking nothing by mouth for an hour or two.

When liquids can be tolerated and do not cause stomach upset or watery diarrhea, other foods that would be part of a “soft” diet could be started; these could include: steamed rice, dry rice or oat cereal, ripe bananas, applesauce, dry toast with jelly, crackers or baked potato (dry) or yogurt with active cultures.

Avoid milk/dairy products (other than yogurt) until all diarrhea has stopped for at least 24 hours; also, avoid raw fiber (salads or raw vegetables), fatty or spicy foods, acidic fruits or foods.

Liquids are important to remain hydrated, especially when we are not feeling well. If liquids feel better to take in, than food at this point, that is ok; you can incorporate food as it is comfortable to do so.

Some over the counter medications can help with symptoms:

- Pepto-Bismol® (upset stomach)
- Imodium AD® (diarrhea)

If you have any chronic health concerns that are followed by a provider, such as asthma, diabetes, heart disease, thyroid disorders, Hypertension, please contact a provider to assess if you should be seen sooner than those who are otherwise healthy.

SIGNS TO WATCH FOR AND CALL A PROVIDER:

- Blood in vomit or diarrhea
- Fever greater than 101 degrees
- Rash
- Severe abdominal pain, especially in lower right side
- Vomiting or diarrhea that last longer than 24 hours and showing no sign of improvement
- Inability to urinate

If you have any questions or concerns consult your provider or contact the Thielen Student Health Center at (515) 294-5801.