

**Patient Information:**

## Upset Stomach and Diarrhea

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- Nausea
- Vomiting
- Diarrhea
- Bland Diet Example

### *What should you eat and when?*

**NAUSEA (UPSET STOMACH):**

- Eat only a small amount every 1-2 hours.
- Eat bland, low-fat food: clear-broth soups, oatmeal, rice, toast without butter, bananas, plain pasta, plain baked potato.
- Try salty foods, such as crackers or pretzels, and/or gingersnaps (ginger has anti-nausea properties.)
- Don't lie down after eating; wait at least 30 minutes.
- Avoid fatty, greasy, fried foods, spicy foods, foods with strong odors, and sweets.

**DIARRHEA:**

- What is diarrhea? Diarrhea is loose, watery stools, occurring more than 3 times in 1 day.
- Follow same instructions as for vomiting.
- Do not drink milk or milk products until diarrhea is completely stopped. Milk will make the diarrhea worse.
- Plain or Vanilla yogurt (not the fruity, sweet types) is okay after 2-3 days because it replenishes the normal bacteria in your intestines (lactobacilli).
- Avoid fried foods, raw fruits and vegetables, creamed soups.
- Do not take anti-diarrheal over-the-counter medications for the first 24 hours. Diarrhea is a sign that the body is trying to get rid of the virus.

**VOMITING:**

- Dehydration can occur quickly; fluid and electrolyte replacement should be started as soon as you are able to keep fluids down.
- Start off allowing ice chips to melt in your mouth.
- Take small sips of clear liquids, such as 7-UP, Gingerale, Sprite, Gatorade/Powerade, weak tea, Jell-O.
- SIP - do not gulp. Larger amounts of fluids may cause you to vomit again.

**GUIDELINES FOR EATING & DRINKING**

1. After vomiting, do not eat or drink anything for 1 to 2 hours.
2. Next 2 hours: sips every 10 minutes.
3. Next 2 hours: increase sipping.
4. Next 2 hours, drink fluids at will.
5. After above liquids are tolerated, you may progress to the following:
  - ◆ Dry toast (no butter), cheerios, pretzels, saltine crackers.
  - ◆ Dilute juices (1/2 water: 1/2 juice)
  - ◆ Plain baked potato, rice, plain pasta
  - ◆ Chicken noodle soup

If vomiting recurs at any step, go back to step #1. If you continue to vomit x 3 starting step #2, call Schiffert Health Center.

**CALL SCHIFFERT HEALTH CENTER AT 231-6444 IF YOU HAVE QUESTIONS OR NEED AN APPOINTMENT.**

# Bland Diet Example

## TIPS TO TRY ...

for the first several days after experiencing vomiting or diarrhea:

- ◆ It is safe to begin eating bland (easy-to-digest) foods after the first 24 hours of diarrhea or when liquids stay down with no further vomiting.
- ◆ Slowly progress to other foods as you can tolerate them.
- ◆ Avoid food and drink that cause discomfort, cramping and/or gas for the first few days.

Examples of food to avoid may include:

- ◆ spicy foods
- ◆ (black pepper, chili powder),
- ◆ caffeine,
- ◆ chocolate,
- ◆ carbonated drinks & cola drinks,
- ◆ alcohol,
- ◆ fried foods & greasy foods,
- ◆ acidic fruit juices (orange, grapefruit),
- ◆ gaseous vegetables (i.e. broccoli, cabbage, corn, cauliflower, onions),
- ◆ cheese and milk products if you are still experiencing diarrhea.
- ◆ Initially, eat smaller more frequent meals evenly spaced throughout the day to reduce stomach acidity.
- ◆ Eat slowly and chew food well.

## *Do you primarily eat on-Campus?*

Students who eat on-campus have the following food choices available to them in the dining centers. Students who are sick or unable to visit a dining facility can make special meal arrangements for someone else to pick up the meal for them. The managers of D2, Shultz Dining Center, and Owens Food Court must be called in advance to arrange for this service. Please see the Student Programs website for details and phone numbers:

[www.studentprograms.vt.edu/dining/diningpolicies.php#sick](http://www.studentprograms.vt.edu/dining/diningpolicies.php#sick)

## PROGRESSIVE BLAND DIET EXAMPLE

### Day 1... of Diarrhea or Vomiting (first 24 hours)

Drink Clear Liquids at room temperature:

- ◆ Sports Drinks (i.e. PowerAde<sup>®</sup>/Gatorade<sup>®</sup>)
- ◆ Weak Tea (decaffeinated)
- ◆ Jell-O<sup>®</sup>
- ◆ Non-Caffeinated sodas – flat sodas are best
- ◆ (7-Up<sup>®</sup>, Sprite<sup>®</sup>, Ginger ale)

**Day 2 ... Slowly add bland foods in SMALL amounts** as you can tolerate throughout the day.

Examples:

- ◆ Oatmeal or Cream of Wheat<sup>®</sup>  
(instant microwavable or regular made with water, not milk)
- ◆ Dry Cereal (no milk) (i.e. Cheerios<sup>®</sup>, Corn Flakes<sup>®</sup>)
- ◆ Plain Rice or Pasta (no butter, oil, or sauces)
- ◆ Crackers or Pretzels
- ◆ Gingersnaps
- ◆ Plain Toast (no butter or jelly)
- ◆ Mashed Potatoes (no skins)
- ◆ Bananas (best if ripe)
- ◆ Apple Sauce & Canned Fruits (i.e. pears, peaches)
- ◆ Chicken noodle soup

**Day 3... Gradually add more variety of foods** in smaller more frequent meals evenly spaced throughout the day.

Examples:

- ◆ Soft boiled eggs or scrambled eggs
- ◆ Plain Baked Potato
- ◆ Fish or Chicken (no skin)
- ◆ Well-cooked, baked or grilled (not fried)
- ◆ Plain or Vanilla Yogurt
- ◆ Cottage cheese
- ◆ Cooked Carrots or Green beans
- ◆ Milk - consume skim or low-fat milk after diarrhea has stopped.