

Nausea - Symptom

Definition

- A feeling that vomiting might occur and feeling "sick to the stomach" (queasy)
- Vomiting has not occurred. That symptom is covered in the Vomiting handout.
- Stomach pain is not present. That symptom is covered in the Abdominal Pain handout.

Health Information

Causes

- Nausea is often caused by a stomach virus. It may change to vomiting.
- If fever is also present, a stomach virus is very likely.
- Nausea also occurs with indigestion, mild food poisoning, motion sickness or fear.
- In teens, pregnancy or drinking too much alcohol can also be causes.

Care Advice

1. **Overview:**
 - Nausea is most often caused by a stomach virus or indigestion.
 - If nausea is your child's only symptom, it's rarely caused by anything serious.
 - Here is some care advice that should help.
2. **Clear Fluids:**
 - Offer your child only clear fluids until the nausea is gone for 8 hours.
 - If it lasts over 8 hours, offer some easy to digest foods. Start with cereals, crackers and bread.
 - If it lasts over 24 hours, try to return to a more normal diet.
3. **Do Not Use OTC Medicines:**
 - Avoid any non-prescription medicines. Reason: may make nausea worse.
 - Avoid oral ibuprofen. It's a common stomach irritant.
4. **Lie Down and Rest:**
 - Have your child lie down and rest. If your child goes to sleep, all the better.
 - Reason: Sleep often empties the stomach and helps the nausea to go away.
5. **Nausea Related to School:**
 - Make sure your child doesn't start missing school because of nausea.
 - School stress can cause morning nausea in some children who have a sensitive stomach.
 - The more they stay home, the harder it is to go back.
 - If a child has to miss school, they need to see their doctor.
6. **What to Expect:**
 - Nausea most often goes away in 1 or 2 days.

Call Your Doctor If

- Nausea changes to vomiting or abdominal pain
- Nausea lasts over 1 week
- You think your child needs to be seen
- Your child becomes worse

Pediatric Care Advice

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