

# [Health] Symptom Checker Assistant

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## Identified Symptoms

unspecified symptom

## Matched Conditions

unknown

## Advice

AI-generated advice based on retrieved context

Gemini says

Okay, I understand. Vomiting can be unpleasant and sometimes concerning. Here's some general advice, but please remember I am not a medical professional and this is not a substitute for professional medical advice.

What to do now

- \* Stay Hydrated: Vomiting can lead to dehydration. Sip small amounts of clear liquids like water, clear broth, or diluted juice. Avoid sugary drinks.
- \* Rest: Your body needs time to recover.
- \* Avoid Solid Foods: Until you feel like you can keep something down, stick to liquids.
- \* Observe Your Symptoms: Pay attention to the following
  - \* Frequency: How often are you vomiting?
  - \* Amount: How much are you vomiting each time?
  - \* Color/Appearance: What does the vomit look like? (e.g., clear, yellow, green, bloody, coffee-ground appearance)
  - \* Other Symptoms: Are you experiencing any other symptoms like fever, abdominal pain, diarrhea, dizziness, headache, or neck stiffness?

When to seek medical attention immediately

- \* Blood in the vomit: Especially if it's bright red or looks like coffee grounds.

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- \* Severe abdominal pain
- \* High fever (over 101°F or 38.3°C)
- \* Inability to keep down liquids
- \* Signs of dehydration: (e.g., decreased urination, dizziness, extreme thirst, dry mouth)
- \* Severe headache or stiff neck
- \* Confusion or altered mental state
- \* If you have a chronic medical condition (e.g., diabetes, heart disease).
- \* If you are pregnant.
- \* If you suspect poisoning.
- \* If you are concerned about a head injury.

## Possible Causes

Vomiting can have many causes, including

- \* Viral gastroenteritis ("stomach flu"): This is a common cause.
- \* Food poisoning
- \* Motion sickness
- \* Migraine
- \* Medications
- \* Pregnancy (morning sickness)
- \* Other medical conditions: (e.g., appendicitis, bowel obstruction)

## Important Considerations

- \* Handwashing: Wash your hands frequently to prevent spreading any potential infection.
- \* Avoid preparing food for others until you feel better.

To help me give you more relevant advice, could you tell me

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- \* How long have you been vomiting?
- \* Do you have any other symptoms?
- \* Are you taking any medications?
- \* Do you have any known medical conditions?
- \* Is there a chance you could be pregnant?

Again, if you are concerned, please contact your doctor or go to an urgent care clinic or emergency room.

Take care, and I hope you feel better soon.