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Nausea or vomiting in adults: Symptom Checker

**DocID**

No DocID – not contained in FarCry

**Title**

Nausea or vomiting

**Feature Title**

Nausea or vomiting

**List Title**

Nausea or vomiting

**Content is Contracted**

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**MCV Other tag(s)**

Content Packages > Symptom checker mobile > Adult > Digestive and urinary problems

**MCV Related tag(s)**

**Primary Location**

Diseases and Conditions

**Tease**

Nausea or vomiting is most often caused by the stomach flu. Identify other possible common causes based on symptoms you're experiencing.

**Abstract**

Find possible causes of nausea or vomiting in adults. See our Symptom Checker.

**Benefit Summary**

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**FeatureID**

**Gender**

**Age**

Adult

**ENTER IN FARCRY:**

**When to get medical help**

In most cases vomiting can be treated safely at home.

Get emergency care if nausea or vomiting is accompanied by: (1)

Chest pain lasting more than a few minutes

Shortness of breath

Call your doctor if you: (2)

Are unable to drink anything for 24 hours

Experience vomiting for more than two days

Are extremely thirsty or urinating less than usual

Vomit blood or black material

Have diabetes and take insulin

Have known heart problems

Have stomach or chest pain

Recently started taking a new drug

Are pregnant or think you may be pregnant

**Self-care strategies** (2)

If you're experiencing nausea or vomiting:

Rest

Drink small amounts of water or sports drinks

Eat foods with high water content, such as broth and gelatin

Eat bland foods, such as crackers, toast and rice

Avoid unpleasant food odors

Avoid dairy products and fatty or heavily seasoned foods

Avoid caffeine and alcohol

**More Information**

Nausea and vomiting MY00572

**END OF FARCRY TEXT**

The most common cause of nausea and vomiting is viral gastroenteritis, often called the stomach flu. (3, p. 255) Find other possible causes of nausea or vomiting based on specific factors. Check one or more factors on this page that apply to your symptom.

**Triggered or worsened by**

Drinking alcohol

Eating certain foods

Stress

Travel or motion

**Onset is**

Intermittent or episodic

Recent (hours to days)

Sudden (minutes to hours)

**Accompanied by**

Abdominal bloating or swelling

Abdominal pain, discomfort or cramps

Anxiety

Black or bloody stools

Change in urination pattern

Chest pain, tightness or discomfort

Confusion

Constipation

Dark urine

Diarrhea

Difficulty breathing

Dizziness or fainting

Feeling of fullness after eating small amounts of food

Fever

Headache

Heartburn

Hives or rash

Irregular or rapid heartbeat

Muscle or joint pain

Passing gas

Skin itching

Sweating

Swelling of feet and ankles

Swelling of lips, face and tongue

Unintended weight loss

Yellowing of skin and eyes

**Possible causes** (3, p. 255-257; 4)

These diseases and conditions match at least one of the factors you selected. Those with the most matches are listed first.

DS00961 Acute liver failure (21, 23)

Onset is recent (hours to days)

Accompanied by abdominal bloating or swelling

Accompanied by abdominal pain, discomfort or cramps

Accompanied by confusion

Accompanied by dark urine

Accompanied by skin itching

Accompanied by unintended weight loss

Accompanied by yellowing of skin and eyes

DS00274 Appendicitis (5)

Onset is sudden (minutes to hours)

Accompanied by abdominal pain, discomfort or cramps

Accompanied by constipation

Accompanied by diarrhea

Accompanied by fever

DS00082 Food allergy (6)

Triggered or worsened by eating certain foods

Onset is intermittent or episodic

Accompanied by abdominal pain, discomfort or cramps

Accompanied by diarrhea

Accompanied by difficulty breathing

Accompanied by hives or rash

Accompanied by swelling of lips, face and tongue

DS00981 Food poisoning (7)

Triggered or worsened by eating certain foods

Onset is sudden (minutes to hours)

Accompanied by abdominal bloating or swelling

Accompanied by abdominal pain, discomfort or cramps

Accompanied by diarrhea

Accompanied by fever

DS00488 Gastritis (8, 20)

Triggered or worsened by drinking alcohol

Triggered or worsened by eating certain foods

Onset is intermittent or episodic

Onset is recent (hours to days)

Accompanied by abdominal bloating or swelling

Accompanied by abdominal pain, discomfort or cramps

Accompanied by feeling of fullness after eating small amounts of food

Accompanied by unintended weight loss

DS00612 Gastroparesis (9)

Onset is intermittent or episodic

Accompanied by abdominal bloating or swelling

Accompanied by feeling of fullness after eating small amounts of food

Accompanied by heartburn

Accompanied by unintended weight loss

DS00094 Heart attack (1, 10)

Onset is sudden (minutes to hours)

Accompanied by chest pain, tightness or discomfort

Accompanied by difficulty breathing

Accompanied by dizziness or fainting

Accompanied by irregular or rapid heartbeat

Accompanied by sweating

DS00397 Hepatitis A (11)

Onset is intermittent or episodic

Onset is recent (hours to days)

Accompanied by abdominal pain, discomfort or cramps

Accompanied by dark urine

Accompanied by fever

Accompanied by muscle or joint pain

Accompanied by yellowing of skin and eyes

DS00398 Hepatitis B (12)

Onset is intermittent or episodic

Onset is recent (hours to days)

Accompanied by abdominal pain, discomfort or cramps

Accompanied by dark urine

Accompanied by fever

Accompanied by muscle or joint pain

Accompanied by yellowing of skin and eyes

DS00097 Hepatitis C (13)

Onset is intermittent or episodic

Onset is recent (hours to days)

Accompanied by abdominal pain, discomfort or cramps

Accompanied by dark urine

Accompanied by fever

Accompanied by muscle or joint pain

Accompanied by yellowing of skin and eyes

DS00823 Intestinal obstruction (14)

Onset is intermittent or episodic

Onset is recent (hours to days)

Accompanied by abdominal bloating or swelling

Accompanied by abdominal pain, discomfort or cramps

Accompanied by constipation

Accompanied by diarrhea

DS00682 Kidney failure, chronic (22, 23)

Onset is intermittent or episodic

Accompanied by black or bloody stools

Accompanied by change in urination pattern

Accompanied by confusion

Accompanied by dark urine

Accompanied by skin itching

Accompanied by swelling of feet and ankles

Accompanied by unintended weight loss

DS00530 Lactose intolerance (15)

Onset is intermittent or episodic

Triggered or worsened by eating certain foods

Accompanied by abdominal bloating or swelling

Accompanied by abdominal pain, discomfort or cramps

Accompanied by diarrhea

Accompanied by passing gas

HQ01099 Motion sickness

Triggered or worsened by travel or motion

Onset is intermittent or episodic

Onset is sudden (minutes to hours)

Accompanied by dizziness or fainting

DS00371 Pancreatitis (16, 20)

Triggered or worsened by eating certain foods

Onset is intermittent or episodic

Onset is recent (hours to days)

Accompanied by abdominal pain, discomfort or cramps

Accompanied by unintended weight loss

DS00338 Panic attacks and panic disorder (17)

Triggered or worsened by stress

Onset is sudden (minutes to hours)

Accompanied by anxiety

Accompanied by difficulty breathing

Accompanied by dizziness or fainting

Accompanied by headache

Accompanied by irregular or rapid heartbeat

Accompanied by sweating

DS00242 Peptic ulcer (18)

Triggered or worsened by drinking alcohol

Triggered or worsened by eating certain foods

Triggered or worsened by stress

Onset is intermittent or episodic

Accompanied by abdominal pain, discomfort or cramps

Accompanied by black or bloody stools

Accompanied by unintended weight loss

DS00085 Viral gastroenteritis (stomach flu) (19)

Triggered or worsened by eating certain foods

Onset is recent (hours to days)

Accompanied by abdominal pain, discomfort or cramps

Accompanied by diarrhea

Accompanied by fever

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