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Nausea or vomiting in children: Symptom Checker

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**MCV Related tag(s)**

**Primary Location**

Symptom Checker

**Tease**

Nausea or vomiting in children is a common problem. Identify possible causes based on the symptoms your child is experiencing.

**Abstract**

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

**Benefit Summary**

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**Gender**

**Age**

Child

**ENTER IN FARCRY:**

**When to get medical help** (1, p. 114; 2; 3)

Projectile vomiting in an infant requires prompt medical care.

Call your child's doctor regarding nausea or vomiting if:

Vomiting lasts more than 24 hours

Vomit contains blood or greenish material

Your child has diarrhea or severe abdominal pain

Your child has black or bloody stools

Your child has recently started a new medication

Nausea or vomiting is severe

Also, call your doctor if your child shows any signs of dehydration:

No wet diapers or urine production in a period of eight hours

Dry skin

Dry mouth

Crying without tears

Unusual sleepiness or irritability

A sunken appearance to the abdomen, eyes or cheeks

**Self-care strategies** (1, p. 115; 2)

The following strategies can lessen discomfort and prevent dehydration if your child experiences nausea or vomiting:

Encourage rest.

Wait at least 30 minutes after the vomiting to offer your child anything to eat or drink.

Then offer your child a sip of clear fluid, such as an oral rehydration solution (Pedialyte, Ricelyte, others), fruit juice without added sugar, broth, gelatin, or popsicles. If your child is able to keep fluids down, continue to provide small, frequent sips of clear fluids every 10 to 15 minutes.

When your child is able to keep down small sips of clear fluid, you may gradually increase the volume of fluids. Then you can add non-clear liquids. Once solid food can be tolerated, start with small bites of bland, low-fat foods such as crackers, toast or rice, before advancing to a regular diet.

Help your child avoid unpleasant food odors, dairy products, fatty or heavily seasoned foods, and caffeine.

**More Information**

Nausea and vomiting MY00572

**END OF FARCRY TEXT**

Find possible causes of nausea or vomiting in children based on specific factors. Check one or more factors on this page that apply to your child's symptom.

**Triggered or worsened by**

Eating certain foods

Travel or motion

**Onset is**

Intermittent or episodic

Recent (hours to days)

Sudden (minutes to hours)

Within the first two months of life

**Accompanied by**

Abdominal bloating or swelling

Abdominal pain, discomfort or cramps

Abdominal pain that's severe and progressive

Bloody stools

Body aches or pain

Constipation

Cough

Dark urine

Diarrhea

Dizziness

Failure to thrive or gain weight (infant)

Fever

Fussiness or irritability

Headache

Hives or rash

Runny or stuffy nose

Sore throat

Swelling or tingling of lips, face or tongue

Wet burps or spit up

Wheezing

Yellowing of skin or eyes

**Possible causes**

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

DS00274 Appendicitis (4, p. 54; 5)

Onset is sudden (minutes to hours)

Accompanied by abdominal pain that's severe and progressive

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 wheezing

Accompanied by hives or rash

Accompanied by swelling or tingling of lips, face or 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

DS00397 Hepatitis A (8)

Onset is intermittent or episodic

Onset is recent (hours to days)

Accompanied by abdominal pain, discomfort or cramps

Accompanied by body aches or pain

Accompanied by dark urine

Accompanied by fever

Accompanied by yellowing of skin or eyes

DS00787 Infant acid reflux (4, p. 43; 9)

Onset is intermittent or episodic

Accompanied by cough

Accompanied by fussiness or irritability

Accompanied by wet burps or spit up

Accompanied by wheezing

DS00081 Influenza (flu) (10)

Onset is recent (hours to days)

Accompanied by body aches or pain

Accompanied by fever

Accompanied by diarrhea

Accompanied by headache

Accompanied by runny or stuffy nose

Accompanied by sore throat

DS00823 Intestinal obstruction (11)

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

DS00798 Intussusception (4, p. 55; 12)

Onset is intermittent or episodic

Onset is sudden (minutes to hours)

Accompanied by abdominal pain, discomfort or cramps

Accompanied by bloody stools

Accompanied by constipation

Accompanied by diarrhea

Accompanied by fever

HQ01099 Motion sickness

Triggered or worsened by travel or motion

Onset is intermittent or episodic

Onset is sudden (minutes to hours)

Accompanied by dizziness

DS00815 Pyloric stenosis (4, p. 48; 13; 14, p. 602; 16)

Onset is intermittent or episodic

Onset is sudden (minutes to hours)

Onset is within the first two months of life

Accompanied by failure to thrive or gain weight (infant)

DS00085 Viral gastroenteritis (stomach flu) (15)

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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PAGE 6