



## **Nausea**

### **What is nausea?**

Nausea is an urge to vomit or a general uneasiness in the stomach. If nausea is the only symptom your child has, it is rarely caused by anything serious. Nausea is often caused by a stomach virus and accompanied by vomiting. Other causes are indigestion, food poisoning, fear, or motion sickness.

### **How can I take care of my child?**

Temporarily serve your child clear fluids and light foods. Avoid any medicines that could irritate the stomach.

### **When should I call Idaho Falls Pediatrics?**

Call during office hours if:

- The nausea lasts more than 1 week.
- Your teenage daughter could be pregnant.
- You have other questions or concerns.

\*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.