

St. Edward's University Student Health Center  
Phone: 448-8686

### **Gastroenteritis**

Gastroenteritis is a common viral illness. Gastroenteritis is hard to distinguish from food poisoning. Symptoms can include nausea, vomiting, stomach cramps, diarrhea, and a slight fever. Most of the time viral gastroenteritis clears up in 2-3 days with rest and a clear liquid diet.

If you are not vomiting, you can start on small sips of water every 10 - 20 minutes. Gradually increase this to 1-2 cups every hour as tolerated. You can then try Sprite, sports drinks like Gatorade, broth, and jello if your cramps and nausea are better. If nausea or vomiting recur, go back to smaller amounts or begin the process again taking nothing by mouth for an hour or two.

As your symptoms improve, begin to add easily digested foods like crackers, dry toast, bananas, rice, and applesauce. Stay away from milk and dairy products, spicy or greasy foods, alcohol, and drugs that upset your stomach for the next few days.

Call the Student Health Center or go to the emergency room if you have: persistent vomiting, bloody stools, dehydration, fainting, high fever, increased pain or pain in the abdomen on the right.