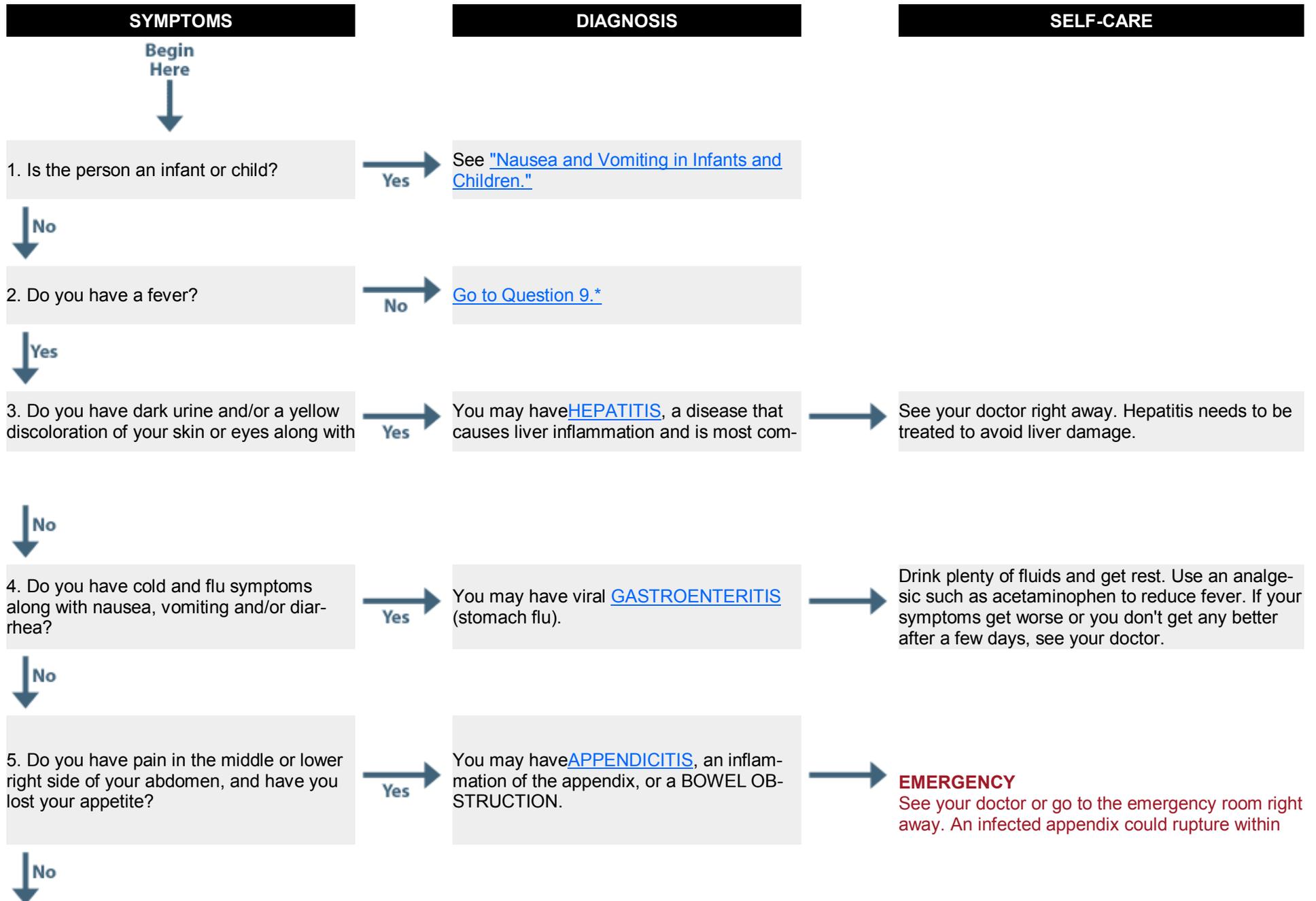


Nausea and Vomiting

Many illnesses can cause stomach pain, nausea and vomiting. Some are mild and will pass by themselves, but others are serious and need medical attention.



6. Do you have a headache or stiff neck, and does normal light hurt your eyes?

Yes →

You may have [MENINGITIS](#), a serious infection of the membranes around the brain.

→

EMERGENCY

See your doctor or go to the emergency room right away. Delay could result in serious injury or death.

↓ No

7. Do you have pain in your right upper abdomen or do greasy foods make the pain worse?

Yes →

You may have [GALLSTONES](#) or [CHOLECYSTITIS](#), an infection of the gallbladder. This may also be due to [PANCREATITIS](#), an inflammation of the pancreas.

→

See your doctor. Gallbladder symptoms often come and go. You may still need medicine or surgery to take care of the problem. If the pain is intense or your fever persists, see your doctor or go to the emergency room right away.

↓ No

8. Did your sickness occur shortly after eating food?

Yes →

You may have [FOOD POISONING](#) caused by a toxin or bacteria from contaminated food. This is likely if someone else who ate the same food also became ill.

→

Drink plenty of fluids and get plenty of rest. Most episodes will clear up by themselves in 6 to 12 hours. If your symptoms are severe or you don't get better, call your doctor.

*9. Do you have a burning pain in your abdomen between your breastbone and belly button?

Yes →

You may have a [PEPTIC ULCER](#) or [GASTRITIS](#) caused by a bacterial infection of [HELICOBACTER PYLORI](#).

→

See your doctor. Use an antacid to relieve pain and discomfort. You may need antibiotics to treat the infection.

↓ No

10. Have you vomited blood and/or had black, tarry stools?

Yes →

You may have a bleeding [ULCER](#) or another serious condition such as [CANCER](#).

→

EMERGENCY

See your doctor or go to the emergency room right away.

↓ No

11. Do you have a burning feeling in your lower chest, along with a sour or bitter taste in your throat and mouth especially after eating?

Yes →

You may have [HEARTBURN](#).

→

Use an antacid to relieve pain and discomfort. If the pain or burning continue, see your doctor.

↓ No

12. Are you taking any medicine, herbs or vitamins?

Yes →

Medicine or other supplements could be causing the problem.

→

See your doctor and tell him or her about any medicine or other supplements you are taking.

↓ No

13. Have you missed a period or could you be pregnant?

Yes →

You may be PREGNANT.

→

Use an in-home pregnancy test, and if it is positive, confirm it with your doctor.

↓ No

14. Do you have diabetes or are you at risk of having diabetes?

Yes →

You may have KETOACIDOSIS, usually caused by high blood sugar.

→

Monitor your blood sugar closely and check your urine for ketones if you have test strips. See your doctor if the symptoms are severe or last more than 24 hours. If you have not been diagnosed with diabetes and think you may be at risk, see your doctor.

↓ No

15. Did you recently hit your head and now have a headache, blurred vision, numbness

Yes →

You may have a serious HEAD INJURY.

→

EMERGENCY
See your doctor or go to the emergency room right

↓ No

For more information, please talk to your doctor. If you think the problem is serious, call your doctor right away.

This tool has been reviewed by doctors and is for general educational purposes only. It is not a substitute for medical advice. The information in this tool should not be relied upon to make decisions about your health. Always consult your family doctor with questions about your individual condition(s) and/or circumstances. Source: American Academy of Family Physicians. Family Health & Medical Guide. Dallas: Word Publishing; 1996.