

**Ohio Wesleyan University
Student Health Center**

DIET WHILE RECOVERING FROM NAUSEA and/or VOMITING and/or DIARRHEA

First Six Hours:

For a period of one to two hours after vomiting, give the stomach a rest. Following that, suck on a hard candy or Popsicle. Then progress to ice chips or sips of water.

First Twenty-Four Hours:

Gradually add clear liquids by taking a sip or two every ten minutes or so.

Clear liquid suggestions:

- Water
- 7-up or Sprite
- Kool-Aid
- Gatorade diluted with water
- Tea with honey or other sweetener
- Bouillon or broth

If nausea and vomiting recurs, go back to smaller amounts or start from the beginning by taking nothing by mouth for one to two hours.

Second Twenty-Four Hours:

Begin to add easily-digested foods such as bland solids and non-acidic fruit juices (such as grape and apple juice).

Bland solid suggestions:

- Plain pasta
- Rice
- Rice cakes
- Saltines
- Toast, dry or with jelly
- Plain baked potato

The Third Day:

Progress to a regular diet as tolerated. The last things to add are milk products, raw uncooked vegetables, fresh fruit, and spicy or dried foods. Avoid caffeine products because of their dehydrating effects.