

Consult your doctor to ensure that this information is right for your child. Information below is for general information and does not constitute medical advice.

Nausea and Vomiting Age 4 and Older

Nausea is a sick feeling in the pit of your stomach. When you are nauseated, you may feel weak and sweaty and have too much saliva in your mouth. You may even vomit. This forces your stomach contents up your esophagus [Click here to see an illustration.](#) and out of your mouth. Most of the time nausea and vomiting are not serious. Home treatment will often help you feel better.

Nausea and vomiting can be a symptom of another illness. Nausea and vomiting may be caused by:

- * Viral illnesses, such as the stomach flu.
- * Food poisoning.
- * Stress, nervousness, or a mental health problem, such as depression or an anxiety disorder.
- * Medicines, such as antibiotics, birth control pills, or heart medicines.
- * Pregnancy. "Morning sickness" may be one of your first symptoms.
- * Problems with abdominal organs.
- * Migraine headache.
- * Heart attack.
- * Stroke.
- * Head injury.
- * Alcohol or drug abuse or withdrawal.
- * Overeating.
- * Eating disorders, such as anorexia or bulimia.
- * Disorders of the inner ear, such as labyrinthitis, Ménière's disease, or motion sickness.
- * A side effect of radiation therapy.

Nausea or vomiting also may be a symptom of a disease, such as:

- * Diabetes.
- * Liver disease (hepatitis) or (cirrhosis).
- * Inflammation of the pancreas (pancreatitis).
- * Inflammation or irritation of the lining of the stomach (gastritis).
- * Ulcer disease of the stomach or small intestine (peptic ulcers).
- * Gallbladder problems (cholecystitis).
- * Inflammation of the appendix (appendicitis).
- * Kidney stones.
- * Kidney disease (pyelonephritis) or (chronic kidney disease).
- * Bowel problems, such as a bowel obstruction.
- * Infection in or around the brain, such as meningitis, encephalitis, or a brain tumor.
- * Infection of the pelvic organs (pelvic inflammatory disease).

Nausea and vomiting can quickly cause dehydration. Older adults have an increased chance of becoming dehydrated because they may:

- * Not drink because they do not feel as thirsty as younger people.
- * Have kidneys that do not work well.
- * Choose to not drink because of the inability to control their bladders (incontinence).
- * Have physical problems or a disease which makes it:
 - Hard to drink or hold a glass.
 - Painful to get up from a chair.
 - Painful or exhausting to go to the bathroom.
 - Difficult to talk or communicate.
- * Take medicines that increase urine output.
- * Not have enough money to adequately feed themselves.