

# Vomiting/nausea in adults



Before vomiting, those affected often feel sick and there is increased saliva in the mouth. It is usually harmless if you vomit and usually goes away on its own. A visit to the doctor is normally not required.

## What can you do yourself against nausea and vomiting?

- Make sure you drink enough so that your body doesn't become dehydrated. Take small sips of liquid, e.g. a cold drink, carbonated drinks, ginger or mint tea
- Fresh air: for example, take a walk
- Seek diversion, e.g. listen to music, watch TV
- Consume foods that contain ginger.
- Eat small but frequent meals.
- Avoid strong smelling foods, as well as hot, fried or fatty foods.
- Do not lie down immediately after eating.
- Avoid wearing tight clothing that constricts your stomach or waist.

## When to seek medical advice?

Contact a family doctor in the following cases:

- You don't feel better after a few days.
- You often feel ill and have to vomit.

## When to seek medical advice immediately?

Seek medical help immediately in the event of:

- chest pain.
- pain in the arms, back, neck or jaw.
- if you are short of breath.

**These could be signs of a heart attack.**

## Your family doctor's office has just closed?

It is usually sufficient to call during the next day's consultation hours.

**Are you unsure? Call us at 1450,  
the health advice call centre.**

More information can be found at [www.wobinichrichtig.at](http://www.wobinichrichtig.at).



**GESUND  
WERDEN.**  
Wo bin ich  
richtig?