Gastroenteritis

What causes gastroenteritis?
When you have symptoms of nausea, vomiting, and diarrhea, it could be caused by viruses, bacteria, or a variety of other medical conditions.

What should I do?
• Wash hands frequently—especially after using the bathroom and before preparing or eating food. Wash hands for 15 seconds using soap and warm water.
• Diabetics should follow their emergency sick plan for insulin doses and fluids.
• Replace fluids lost from vomiting/diarrhea and fever with liquids with sugar and electrolytes (i.e. soup, bouillon, Gatorade, ginger ale, apple juice, popsicles, water). Alternate sips of several ounces of water with sips of Gatorade, juice, or soup. Avoid diet drinks until symptoms subside.
• Avoid alcohol.
• Eat foods like bananas, rice, applesauce, toast, and crackers.
• Fever may be treated with Ibuprofen or acetaminophen. Avoid aspirin.
• Allow your body to cool if you have a fever. Wear loose clothes and wash head/face/upper body with lukewarm water for evaporation cooling. Do not use rubbing alcohol sponge baths.

When do I need emergency evaluation?
• Abdominal pain is increasing or severe.
• You see blood in vomitus or diarrhea.
• Symptoms are getting worse at any time or do not improve in 24 hours.
• You are dizzy or faint, despite trying to replace fluids.
• You have not urinated in eight hours or urine is dark yellow or brown/red.

If you were evaluated at the Student Health Center and, after 24 hours, your symptoms are not improving, call (804) 289-8064 during office hours to schedule a follow-up appointment. If the SHC is closed, call Campus Police at (804) 289-8911 for emergency assistance.

Student Health Center
Special Programs Building
28 Westhampton Way
University of Richmond, VA 23173

Phone (804) 289-8064
Dial-A-Nurse (804) 289-8700
Fax (804) 287-6466

wellness.richmond.edu