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Education

Nausea

What is nausea?

Nausea is an urge to vomit or a general uneasiness in the stomach. If nausea is the only symptom your child has, it is rarely caused by anything serious. Nausea is often caused by a stomach virus and accompanied by vomiting. Other causes are indigestion, food poisoning, fear, or motion sickness.

How can I take care of my child?

Temporarily serve your child clear fluids and light foods. Avoid any medicines that could irritate the stomach.

When should I call my child's health care provider?

Call during office hours if:

- The nausea lasts more than 1 week.
- Your teenage daughter could be pregnant.
- You have other questions or concerns.

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