

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING UNEXPLAINED NAUSEA OR VOMITING



- Experiencing nausea (a feeling of sickness with an inclination to vomit) or vomiting (forceful expulsion of stomach contents) that's new, persistent, or recurrent.
- These symptoms are not related to known conditions (like pregnancy, stomach flu, or food poisoning) or treatments (such as chemotherapy).

WHAT IT MIGHT INDICATE

- Common conditions: These symptoms can be due to a wide range of issues, including stomach or intestinal problems, infections, or reactions to certain smells or foods.
- They might also indicate more serious conditions like central nervous system disorders, brain tumors, or increased intracranial pressure.
- Other causes include metabolic imbalances, psychological factors (like stress or anxiety), or vestibular (inner ear) disorders.
- Please note: This document is not intended for self-diagnosis. Persistent or severe nausea or vomiting should be evaluated by a healthcare professional.

IMMEDIATE ACTIONS

- Stay hydrated by sipping water, clear liquids, or electrolyte-rich drinks.
- Avoid solid foods until the vomiting episode passes; then try bland, easy-to-digest foods.
- Rest in a comfortable position and avoid sudden movements.
- If the vomiting is severe, persistent, or accompanied by headache, confusion, lethargy, abdominal pain, or blood, seek immediate medical attention.

WHEN TO CONTACT US



- If you're experiencing unexplained, recurrent, or persistent nausea or vomiting that affects your quality of life, consider contacting us to arrange an online consultation with our specialists.
- If you're seeking further guidance, alternative treatment options, or a second opinion, our service can provide expert advice and specialist referrals.

WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about your symptoms, medical history, and any medications you're taking.
- You may be asked to describe your episodes in detail, including frequency, timing, and potential triggers.
- Further diagnostic tests (like blood tests, imaging, or endoscopy) or referrals to gastroenterologists or other specialists may be recommended based on your symptoms and history.

PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the nausea or vomiting episodes you've been experiencing, their impact on your daily life, and any associated symptoms.
- Compile a list of all medications and supplements you're taking, including dosages.
- Ensure you're in a quiet, well-lit room with a stable internet connection for the video call.
- Have any questions about your symptoms, potential causes, or treatment options written down and ready to ask.

DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider with any questions or concerns you may have regarding your condition.

CONTACT US

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-  [Book a Free Consultation](#)

