San Mateo County Emergency Medical Services

**Nausea/Vomiting**

For any nausea or vomiting without blood. Not for adverse reaction to opiate administration by EMS; manage with primary impression.

### History
- Age
- Time of last meal
- Last emesis/bowel movement/number of wet diapers
- Improvement or worsening with food or activity
- Duration of problem
- Contact with other sick person
- Past medical history
- Past surgical history
- Mediations
- Allergies
- Travel History
- Bloody emesis/diarrhea

### Signs and Symptoms
- Abdominal pain
- Character of pain (i.e., constant, intermittent, dull, sharp, etc.)
- Distension
- Constipation
- Diarrhea
- Anorexia
- Radiation

**Associated symptoms (helpful to localize source):**
- Fever, headache, blurred vision, weakness, malaise, myalgia, cough, dysuria, mental status changes, and rash

### Differential
- CNS (increased pressure, headache, stroke, CNS lesions, trauma or hemorrhage, vestibular)
- GI or renal disorders
- Diabetic ketoacidosis
- Infections (pneumonia, influenza)
- Electrolyte abnormalities
- Food or toxin induced
- Medication or substance exposure

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  - Consider, IV
    - Consider, cardiac monitor
      - If age-dependent hypotensive
        - Normal Saline bolus IV/IO
          - May repeat x2
        - Ondansetron
      - Notify receiving facility.
        - Consider Base Hospital for medical direction

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### Pearls
- Document the mental status and vital signs prior to administration of anti-emetics and pain medications.
- Nausea and vomiting are common symptoms but can be symptoms of uncommon and serious pathology. Consider other primary impressions.