Vomiting and Diarrhea

**History**
- Age
- Time of last meal
- Last bowel movement / emesis
- Improvement or worsening with food or activity
- Duration of problem
- Other sick contacts
- Past medical history
- Past surgical history
- Medications
- Menstrual history (pregnancy)
- Travel history
- Bloody emesis / diarrhea

**Signs and Symptoms**
- Pain
- Character of pain (constant, intermittent, sharp, dull, etc.)
- Distention
- Constipation
- Diarrhea
- Anorexia
- Radiation

**Associated symptoms:**
(Helpful to localize source)
Fever, headache, blurred vision, weakness, malaise, myalgias, cough, headache, dysuria, mental status changes, rash

**Differential**
- CNS (increased pressure, headache, stroke, CNS lesions, trauma or hemorrhage, vestibular)
- Myocardial infarction
- Drugs (NSAID’s, antibiotics, narcotics, chemotherapy)
- GI or Renal disorders
- Diabetic ketoacidosis
- Gynecologic disease (ovarian cyst, PID)
- Infections (pneumonia, influenza)
- Electrolyte abnormalities
- Food or toxin induced
- Medication or Substance abuse
- Pregnancy
- Psychological

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**Universal Patient Care Protocol**

**Orthostatic Blood Pressure**

- **Negative**
  - Blood Glucose
  - D50 in Adults
  - D10 in Pediatrics
  - Glucagon if no IV

- **Positive**
  - IV Protocol
  - Blood Glucose
  - Normal Saline Bolus

**Vomiting?**

- **Yes**
  - If Available
    - Ondansetron (age > 1 yr)
    - Promethazine (age > 12 yrs)
    - Metoclopramide (age > 12 yrs)

- **Notify Destination or Contact Medical Control**

- **No**
  - If not nauseated, encourage PO intake

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**Legend**

- MR
- B
- EMT
- I
- P
- M

**Pearls**
- **Recommended Exam:** Mental Status, Skin, HEENT, Neck, Heart, Lungs, Abdomen, Back, Extremities, Neuro
- The use of metoclopramide (Reglan) may worsen diarrhea and should be avoided in patients with this symptom.
- Choose the lower dose of promethazine (Phenergan) for patients likely to experience sedative effects (e.g., elderly, dibilitated, etc.)
- Document the mental status and vital signs prior to administration of Promethazine (Phenergan).
- Beware of vomiting only in children. Pyloric stenosis, bowel obstruction, and CNS processes (bleeding, tumors, or increased CSF pressures) all often present with vomiting.