

## Nausea and Vomiting

Chronic nausea/vomiting is defined by symptoms >1 month duration

### Information Required

- Presence of Red flags
- Duration, frequency and severity
- Smoking, alcohol, medications (including recreational drugs)






### Investigations Required

- FBE, EUC, fasting glucose, LFTs, CRP, TFTs
- Urinalysis and urine HCG if premenopausal female
- Hepatobiliary abdominal US and abdominal X-Ray

### Fax Referrals to

- **Gastroenterology Outpatient Clinic**  
Flinders Medical Centre 8204 5555

## Red Flags

-  Dysphagia
-  Haematemesis
-  Faeculent vomiting
-  Persistent abdominal pain
-  Weight loss

### Suggested GP Management

- Exclude non-gastrointestinal causes - Intracranial pathology, labyrinthitis, pregnancy, thyroid disease, medications
- Advise small, frequent, low fat meals

#### Acute nausea and vomiting

- Non toxic
  - Maintain oral hydration, antiemetics
- Febrile, dehydrated
  - Perform basic blood and urine investigations as below
  - Consider erect, supine abdominal X-ray
  - Consider referral to Emergency Department if unable to tolerate oral fluids

#### Chronic nausea and vomiting

- Refer if age  $\geq 50$  yrs or Red flags
- Trial proton pump inhibitor or antiemetics; refer if no response after 4 weeks

### Clinical Resources

- [American Gastroenterological Association Medical Position Statement: Nausea and Vomiting](#)  
Gastroenterology 2001;120:261-62.
- Therapeutic Guidelines [www.tg.org.au](http://www.tg.org.au)

General Information to assist with referrals and the and Referral templates for FMC are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNOutpatients](http://www.sahealth.sa.gov.au/SALHNOutpatients)



Version	Date from	Date to	Amendment
2.1	Nov 2017	Nov 2019	Removed all RGH details