HOME REMEDIES FOR THE STOMACH FLU

ONCE YOUR DOCTOR HAS DIAGNOSED YOU WITH A VIRAL STOMACH BUG, YOU CAN TRY SOME OF THESE HOME REMEDIES TO IMPROVE COMFORT AND GET BETTER ASAP:

WHAT IS THE STOMACH FLU?

What we call a "stomach bug" or the stomach flu is typically a gastroenteritis caused by a virus, commonly an influenza virus. Common symptoms include nausea, vomiting, diarrhea, fever, and stomach cramps. It is important to go see your doctor to make sure your symptoms are not caused by bacteria and require antibiotics for treatment.

More Info: https://www.mayoclinic.org/diseases-conditions/viral-gastroenteritis/symptoms-causes/syc-20378847

Water & Electrolytes are the most important! You must rehydrate with clear fluids. You can try Pedialyte or Gatorade, as well as electrolyte powders such as Liquid IV or Ultima. Avoid caffeine and alcohol.

Pepto-Bismol can be used to treat stomach pains, heartburn, and diarrhea. Imodium can be used for extreme diarrhea. Contact your practitioner if diarrhea does not resolve in 2 days.

Avoid solid foods for the first 2-4 hours to let your stomach settle. Then try broth-based soup & plain crackers as tolerated. Eventually you can also try bananas, rice, applesauce, and toast.

Tylenol is great for reducing your fever and treating muscle aches.

Ginger drops and peppermint tea are great natural remedies for upset stomach

MedEdMaterials.org