

How to Fix an Upset Stomach

Two Parts: [What to Eat & Drink](#) [What to Do](#)

There are many reasons why your stomach might be upset. Sometimes it seems silly to go to a doctor if it's just something that's not sitting well with you. Here are some ideas to keep the nausea at bay.

Part
1

What to Eat & Drink

1 Try eating just a bit. Something light and simple might settle your stomach. Try eating yogurt, bland crackers, or high fiber foods. Avoid spicy foods, dairy (yogurt being the lone exception -- it's full of probiotics), or anything with a strong scent.

- If the thought of food just grosses you out, don't force it. You may just make things worse.

2 Drink something. Your stomachache may be a result of dehydration. If you want, try an herbal tea as an alternative to water. Also try Gatorade; it has many more minerals that help calm your stomach.

- If you're puking or have diarrhea, it's especially important that you stay hydrated. Your body is losing fluid at an alarming rate and it should be replaced as soon as possible.
- If neither of these are an option, try ginger ale or flat soda. Flat! Not the fresh kind.^[1]

3 Go for the BRAT diet. BRAT stands for **B**ananas, **R**ice, **A**pplesauce and **T**oast. You can add other bland foods to the BRAT diet, too. For example, you can try saltine crackers, boiled potatoes, or clear soups. Don't start eating dairy products and sugary or fatty foods right away. These foods may trigger nausea even more.^[2]

- This may not be so good for children, however. Because BRAT diet foods are low in fiber, protein, and fat, the diet lacks enough nutrition to help a child's gastrointestinal tract recover. The American Academy of Pediatrics now recommends that kids resume eating a normal, well-balanced diet appropriate for their age within 24 hours of getting sick. That diet should include a mix of fruits, vegetables, meat, yogurt, and complex carbohydrates.^[3]

Part
2

What to Do

1 Go to the bathroom. Take a book or something to take your mind off the pain. Unfortunately, you may just have to wait.

2 Vomit. Sometimes, the pain is not going to go away until you throw up. Be ready as soon as your stomach cramps begin, but only induce vomiting if the pain has not stopped within 2-3 hours.

- Though it won't be your most fashionable accessory, keep a bucket or other container nearby. You'll be grateful you don't need to run to the bathroom.
- If you still have pain in 5-6 hours after vomiting a few times and eating something, call your doctor. Take your temperature and monitor your other symptoms, too.

3 Rest. Though motion sickness is a very specific thing, once you're already sick, motion does you absolutely zero favors. Lie down and get comfortable. If that's not an option, stay as motionless as possible.

- This goes for babies and children, too. All ages will benefit from outside stability when the same can't be said for the insides.

4 Visit your doctor. If the problem persists, your upset stomach is just a symptom of a grander issue. If you experience nausea for an extended period of time in addition to other symptoms like pain, trouble walking, and rashes, call a doctor immediately.

- Most upset stomachs resolve themselves within a few hours. If yours persists, look for other symptoms. If they are present, you may want to consider a doctor visit.

Community Q&A

Can I bathe when I have an upset stomach?

wikiHow Contributor
Yes. In fact, it may even make you feel better. And the fact that you're near a toilet while in the bath makes it easier on your mind.
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What do I do if I can't eat without vomiting?

wikiHow Contributor
Try eating plain crackers or bread to help calm your stomach acid. If this doesn't work, just don't eat for a few hours. If you still can't eat after that, see a doctor or visit the ER.
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I ate a lot of sugar and now my stomach hurts. What do I do?

wikiHow Contributor
Stop eating sugar, rest, have some non sugary foods to balance the nutrients vitamins and minerals in your system. From tomorrow, eat a lot less sugar and a lot more of the healthy foods.
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Can I eat soup and salted crackers?

wikiHow Contributor
Eat chicken noodle soup, warm. Some toast or crackers will go well with it. All simple enough to keep an upset tummy happier.
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I threw up and went to the bathroom but my stomach is still upset. What can I do?

wikiHow Contributor
Trying getting some rest and try eating some crackers. Also, try to keep going to the toilet if needed. You should start feeling better soon.
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What if my stomach has been hurting for the past 2 - 3 days?

wikiHow Contributor
If the techniques listed provide no relief, you'll have to visit a clinic.
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Why are crackers good for an upset stomach?

wikiHow Contributor
It depends on what kind of upset. Soda in the crackers can help heartburn but a Tums tablet will do the same. If you are vomiting, crackers are not such a good idea and in some cases, if you are nauseated, you might not want to put in any food at all. Let your stomach rest and try small sips of water. However, for some people, the dryness of crackers is very settling.
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So I threw up five times today and then it stopped and I haven't been throwing up anymore after three hours. What can I eat or drink to make sure I don't throw up again?

wikiHow Contributor
You should try drinking flat soda or water. Eat things that are light and easy on your stomach like yogurt or crackers or toast. Try not to eat too much.
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What do you do when these cramps begin in school?

wikiHow Contributor
Sometimes going to the school nurse is the best option. However, if you try to read a book or do something mentally demanding, like an equation, you will think about this and not your stomach. It will get better.
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My stomach hurts because I ate too much! How can I get relief?

Get moving. Don't exercise vigorously, but a good long walk will make you feel better.

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Contributor

Tips

- Dry crackers and chicken noodle soup may help settle your stomach.
- You can drink water, Gatorade, teas, Ginger Ale, or any fluid with electrolytes or minerals.
- Try lying down with your feet elevated. This has been scientifically proven to help fight the stomach pain.
- Drink lemon lime soda. It helps with an upset stomach.

Warnings

- Do not hesitate to call your doctor if you are experiencing other symptoms, too.

Sources and Citations

1. <http://firstaid.webmd.com/stomachache-and-nausea-children>
2. <http://familydoctor.org/familydoctor/en/prevention-wellness/food-nutrition/weight-loss/brat-diet-recovering-from-an-upset-stomach.html>
3. <http://www.webmd.com/digestive-disorders/brat-diet>