

## Vomiting

You should start with small sips of clear liquids, such as apple juice, Gatorade or sports drinks mixed half and half with water, Pedialyte, coke mixed with Pepsi (Coke has potassium and Pepsi has sodium). The best is Gatorade mixed half and half with water. Drink small amounts, like 1/4 cup every 5 minutes. If you vomit, wait an hour and try smaller amounts

For nausea you can use medications that we prescribed, or a combination of Immunobalance Formula, 3 droppers 3 times per day along with Curing Pills. Open 2-3 capsules, dissolve in a small amount of liquid and take 3 times per day.

\*If you develop new symptoms, such as high fever, pain, worsening weakness, unable to stand due to dizziness, dark urine, blood in vomit or diarrhea, or cannot keep down clear liquids, call your physician or FirstCare.

You should return if worsened or not improved in 24 hours. A recheck is recommended in 3-4 days.

FirstCare carries many over-the-counter medications, herbal remedies and prescription medications for your convenience.

RETURN TO FIRSTCARE, GO TO AN EMERGENCY DEPARTMENT, OR SEE YOUR OWN PHYSICIAN IF YOUR CONDITION WORSENS, IF NOT IMPROVED WITH PRESCRIBED TREATMENT, OR NOT IMPROVED IN 24 HOURS. FOLLOW UP WITH YOUR PRIMARY PHYSICIAN OR FIRSTCARE WITHIN 1-2 DAYS.

FirstCare offers Family Practice, Pediatric and Gynecologic care, as well as specialist care in the areas of Cosmetic Dermatology, Physical Therapy and Digestive Diseases. We also provide school, sports, work and DOT physical examinations, vaccinations such as flu and tetanus, x-rays and skin surgery.

FirstCare Medical Center has the UltraSlim body contouring system for instant fat reduction. Ask us about this revolutionary device.

Please visit [FirstCareMedCenter.com](http://FirstCareMedCenter.com) to fill in our PATIENT SATISFACTION SURVEY and be entered to win a \$50.00 Essence MediSpa gift certificate. The link to the survey is on the left side of the homepage at the bottom of the links menu.

THANK YOU FOR ALLOWING US THE PRIVILEGE OF PARTICIPATING IN YOUR CARE. IF THERE IS ANYTHING ELSE WE CAN DO FOR YOU OR ANY WAY WE CAN IMPROVE, PLEASE LET US KNOW.