



Cyclic Vomiting Syndrome



Overview

This involves repeated episodes of nausea, vomiting and tiredness. They can happen regularly, and they may be linked to a trigger. Or, they can happen randomly. This disorder is most common in children. But adults can have it, too.

Causes

What causes it? Well, we don't fully understand this syndrome. Several things may be involved. It may be linked to the brain or the nerves. It may be linked to the digestive tract. And, it may be similar to migraine headaches.

Symptoms

What are the symptoms? During an episode, a person with this syndrome may vomit several times an hour. They may have stomach area pain and diarrhea. They may have pale skin, headache and fever. And they may be sensitive to light and sound. An episode can last for an hour, or it may last for days. It can be exhausting. It can disrupt normal activities. The person may become dehydrated.

Triggers

For some, episodes are triggered by things like strong emotions, extreme temperature, lack of sleep and allergies. But for others, there doesn't seem to be a trigger.

Treatment

There is no cure for cyclic vomiting syndrome. But many children eventually outgrow it. We can treat the symptoms with medications for pain and nausea. Migraine medications may help, too. For more info, talk to your doctor.