

### PC

- In chronological order, recent problems first  
e.g vomiting 1/7 and Abd pain 2/7

### HPC

- When did it start?
- Was it sudden or slowly happening over time? (Suddenly usually in bowel obstruction)
- When does it happen? Before or after eating/drinking? Is it always after a specific food/drink? On an empty stomach? Early morning?
- Do you know what may have caused it?
- Quality/Quantity: How much do you vomit up/ in spoons or cups? How many times to eat/drink before you vomit? All the time or only sometimes?
- Does anything make it better or worse?  
worse: movement, seeing or smelling something? pain?  
better: Lying down, not eating/drinking, ant emetics
- How is this affecting your daily life?
- Do you know what may have triggered or started it?
- Color: Coffee ground: (upper GIT), Fresh blood (Upper GIT), Yellow/green (Bile, obstruction beyond the ampulla of Vater), Brown: (late sign of SBO)
- Mixed with blood or just blood?
- Contents: food, etc  
*Small streaks or flecks of blood in material you spit up may come from the teeth, mouth or throat and isn't usually considered vomiting blood. Blood in vomit may be bright red, or it may appear black or dark brown like coffee grounds.*
- Does this vomit come out forcefully over a distance? Or is it just dripping out
- Is this the first time this has happened? How many times has it happened?
- Do you ever try and vomit but nothing comes out (making sounds)? Do you ever feel like vomiting but never do? Do you ever feel dizzy or sweaty?

### Associated Symptoms

- Any pain anywhere? on your tummy or chest?
- Fever?
- Headache? really bad headaches?
- Appetite
- Passing toilet normally?
- Passing pee normally?
- Any problems with hearing? ringing?
- Vomiting especially in the morning

### Review of Systems

- Systemic: fever, weight change, fatigue
- Cardiovascular: chest pain, syncope, palpitations
- Respiratory: cough, sputum, hemoptysis, pleuritic, chest pain
- Genitourinary: Dysuria, urinary frequency and color
- Neurological: visual changes, motor or sensory, headache, confusion
- Dermatology: Rashes or skin sores for allergy, Jaundice

### PH

- Have you been admitted to hospital or seen by a doctor for any illness related to your tummy or your throat or toilet passage or any other conditions?
- Have you had a doctor look down your throat or your foodpipe or had a feel of your toilet passage?
- Mental health – stress , mood disorders such depression

### Paeds hx

- Paediatric history if it is a child- look at the common causes of vomiting in a child: feeding, hygiene, infections-middle ear, urinary tract, gastroenteritis; surgical causes
- Past surgical history of gastrointestinal disease
- Abdominal surgery (e.g. cholecystectomy, bowel resection) date, indication and procedure
- Previous bowel obstruction

### HDA

- Allergies
- Medications that they maybe be taking to stop vomiting : antiemetics
- Medications that cause vomiting**
- Macrolide antibiotics such as erythromycin and azithromycin
- Chemotherapeutic agents for cancer
- Opiates for pain such as morphine and codeine
- NSAIDS such as Ibuprofen and Indomethacin
- Antidepressants such as fluoxetine
- Vitamins and mineral supplements such as iron tablets

### FH

- Anyone with similar problem in the family?
- Food poisoning?



### SH

- Are you married? (pregnancy)
- What do you do for work? (chemicals exposure/radiation)
- Diet: Fatty and spicy food
- How are your living conditions? Well ventilated? How many rooms? Water supply and toilet condition?
- Do you smoke?
- Do you drink alcohol?
- Do you do any recreational drugs?
- Have you travelled anywhere recently?
- Have you been to any social gatherings and eaten there? Does anyone else who ate from that gathering also complain of similar problems?

### --- Hematemesis---

### PH

- Have you ever had a condition known as gastritis or peptic ulcer disease? you may have had a doctor tell you this
- Are you experiencing any stress at home, work? have you ever known yourself to have mood disorders?
- Have you ever been burnt severely before on your neck or in your throat?

### HDA

- NSAIDS- ibuprofen, indomethacin, diclofenac sodium (voltaren)
  - Anticoagulants – Aspirin, warfarin, heparin
- The diseases they have may give a clue to the medications they are on*

