

## Cyclical Vomiting Action Plan

Name  
PCP

Age  
Specialist

Green Zone	Signs	Treatment	How much	How often
No Triggers Healthy and Happy	None	Preventive Med 1. 2.		
		Supplements L-carnitine COQ10 B2		

Note:

Yellow Zone	Signs	Treatment	How much	How often
Trigger Present	Pale, dark circles under eyes mood, changes,	Take abort meds 1. 2,		
Calendar time	Appetite changes, extreme sudden exhaustion	Take abort meds 1. 2.		

**Known Triggers:**

Stress	Food	Viral illness
Sleep	___# of days	Special event
Allergy		Change

Red Zone (Cycle in progress)	Signs and symptoms	Treatment
	Vomit <7 per hour Unable to sleep Unable to swallow saliva Unable to walk or talk Unable to watch TV	AT ONSET give : 1. 2.  <ul style="list-style-type: none"> <li>• Warm Shower or Bath</li> <li>• Quiet Dark Room</li> </ul> if abort meds are still ineffective or unable to keep in after <b>1 or 2 hours seek medical advice or head to ER for IV med</b>
	Vomit >7 per hour	Maintain sips of fluid when able to. Continue abort meds as needed til recovery phase is reached

Physician Signature  
Office Contact info

Date