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sickness.Try to drink lots of fluids if vomiting and diarrhea accompany your stomach pains. Lying or sitting down can help as you wait for symptoms to improve. You can also take medication to reduce stomach pains and dizziness.Tobacco, alcohol, and caffeine are linked to abdominal pain and dizziness. Avoiding excess consumption can help lessen these symptoms.Drinking water during intense exercise can also help reduce stomach cramps and dehydration. It's recommended to drink about 8 to 12 ounces of water every 15 minutes when you're in the heat or exercising.Be careful not to over-exercise to the point of vomiting, losing consciousness, or injuring yourself.Abdominal pain can be caused by a wide variety of conditions, such as infections, food poisoning, ulcers, or some cancers. Abdominal pain, including stomach aches, and dizziness often go hand in hand. In order to find the cause of these symptoms, it's important to know which one came first.Pain around your abdominal area can be localized or felt all over, affecting other areas of the body. Many times, dizziness (a range of feelings that make you feel unbalanced or unsteady) comes after abdominal pain as a secondary symptom.-MORE:Read about the causes of dizziness, if that's your primary symptom.sharpdullgnawingongoingand offburningcramp-likespodic, or periodicconsistentSevere pain of any type can make you feel lightheaded or dizzy. Stomach aches and dizziness often go away without treatment. You may feel better after getting some rest. Either sit or lie down and see if you notice a difference. But if your abdominal pain and dizziness also accompany other symptoms, such as changes in vision and bleeding, it can be a sign of an underlying medical condition.Make an appointment with your doctor if your symptoms are caused by an injury, interfere with your day-to-day activities, or are getting progressively worse.In rare cases, chest pain can mimic abdominal pain. The pain moves to your upper stomach area even though it starts in the chest.Medical emergencyCall 911 or your local emergency medical services, or go to the nearest emergency room, if you experience the following symptoms of a heart attack:an abnormal heartbeatlightheadednesschest painshortness of breathpain or pressure in your shoulder, neck, arms, back, teeth, or jawsweaty and clammy skinnausea and vomitingIf you feel abdominal pain and dizziness after eating, it may be because your blood pressure hasn't stabilized. This sudden drop in blood pressure after a meal is called postprandial hypotension.Normally, when you eat, blood flow increases to your stomach and small intestine. Your heart also beats faster to maintain blood flow and pressure in the rest of your body. In postprandial hypotension, your blood decreases everywhere but the digestive system. This imbalance can cause dizzinessstomach painnauseablurred visionThis condition is more common in older adults and people with damaged nerve receptors or blood pressure sensors. These damaged receptors and sensors affect how other parts of your body react during digestion.A gastric ulcer is an open sore in the lining of your stomach. Stomach pain often occurs within a few hours of eating. Other symptoms that normally accompany gastric ulcers include:mild nauseafeeling fullpain in the upper abdomenblood in stools or urinestomach painsMost stomach ulcers go unnoticed until a serious complication, such as bleeding, occurs. This can lead to abdominal pain and dizziness from blood loss.Always seek immediate medical attention for any pain that lasts 7 to 10 days or becomes so problematic that it interferes with your day-to-day activities.See a doctor if you're experiencing abdominal pain and dizziness along with: changes in visionchest paina high feverneck stiffnesssevere headache loss of consciousnesspain in your shoulder or necksevere pelvic painshortness of breathuncontrolled vomiting or diarrheavaaginal pain and bleedingweaknessblood in your urine or stoolMake an appointment with a doctor if you experience any of the following symptoms for more than 24 hours:acid refluxblood in your urineheadacheheartburnitchy, blisteryrashpainful urinationunexplained fatigueworsening symptomsYour doctor will perform a physical exam and ask about your medical history to help make a diagnosis. Explaining your symptoms in detail will help your doctor determine the cause.For example, upper abdominal pain may be a sign of a peptic ulcer, pancreatitis, or gallbladder disease. Lower right abdominal pain can be a sign of kidney stones, appendicitis, or ovarian cysts.Be mindful of the severity of your dizziness. It's important to note that lightheadedness feels like you're about to faint, while vertigo is the sensation that your environment is moving.Experiencing vertigo is more likely to be an issue with your sensory system. It's usually an inner ear disorder rather than a result of poor blood circulation.Treatments for abdominal pain and dizziness vary depending on the primary symptom and underlying cause. For example, a gastric ulcer may require taking a medication or surgery. Your doctor can recommend a specific treatment course to treat the condition. In some cases, abdominal pain and dizziness resolves without treatment. This is common for food poisoning, stomach flu, and motion sickness.Try to drink lots of fluids if vomiting and diarrhea accompany your stomach pains. Lying or sitting down can help as you wait for symptoms to improve. You can also take medication to reduce stomach pains and dizziness.Tobacco, alcohol, and caffeine are linked to abdominal pain and dizziness. Avoiding excess consumption can help lessen these symptoms.Drinking water during intense exercise can also help reduce stomach cramps and dehydration. It's recommended to drink about 8 to 12 ounces of water every 15 minutes when you are in the heat or exercising.Be careful not to over-exercise to the point of vomiting, losing consciousness, or injuring yourself. Diseases & Conditions September 1, 2023 By Toni Golen, MD, Editor in Chief, Harvard Women's Health Watch; Editorial Advisory Board Member, Harvard Health Publishing; Contributor, and Hope Ricciotti, MD, Editor at Large, Harvard Women's Health Watch Q. Sometimes I feel lightheaded or dizzy after I eat. Why might this happen? A. You're probably experiencing a fairly common condition called postprandial hypotension, or low blood pressure after eating. Estimated to affect up to one-third of older adults, this form of low blood pressure happens when blood flow is diverted away from body areas that include the heart and brain and instead gets routed to the stomach and intestines during digestion. Some people are genetically predisposed to postprandial hypotension, while others develop it after a stroke or accident damages nerves involved with blood pressure. Another major contributor is high blood pressure, which hinders blood vessels' ability to narrow and relax normally. While the dizziness or lightheadedness that accompany postprandial hypotension aren't dangerous on their own, they can lead to falling or fainting. The condition can also trigger nausea, disturbed vision, or chest pain known as angina. To avoid low blood pressure after eating, drink a large glass of water before eating, eat smaller, more frequent meals, and choose whole grains, beans, and lean meats over highly processed foods, which quickly pass from the stomach to the small intestine. Make sure you tell your doctor about your symptoms as well. Image: © FG Trade/Getty Images Toni Golen, MD, Editor in Chief, Harvard Women's Health Watch; Editorial Advisory Board Member, Harvard Health Publishing; Contributor Dr. Toni Golen is a physician specializing in obstetrics and gynecology, practicing in Boston. Dr. Golen completed her residency training at George Washington University Medical Center in 1995, and is an associate professor at Harvard Medical ... See Full Bio View all posts by Toni Golen, MD Hope Ricciotti, MD, Editor at Large, Harvard Women's Health Watch Dr. Hope A. Ricciotti is Editor at Large of Harvard Women's Health Watch. She is an associate professor of obstetrics, gynecology, and reproductive biology at Harvard Medical School, and leads the department of obstetrics, gynecology, and ... See Full Bio View all posts by Hope Ricciotti, MD As a service to our readers, Harvard Health Publishing provides access to our library of archived content. Please note the date of last review or update on all articles. No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician. You might also be interested in... An alarming one in three American adults has high blood pressure. Known medically as hypertension, many people don't even know they have it because high blood pressure has no symptoms or warning signs. But when elevated blood pressure is accompanied by abnormal cholesterol and blood sugar levels, the damage to your arteries, kidneys, and heart accelerates exponentially. Fortunately, high blood pressure is easy to detect and treat. In the Special Health Report Controlling Your Blood Pressure, find out how to keep blood pressure in a healthy range simply by making lifestyle changes such as losing weight, increasing activity, and eating more healthfully. Read More Get the latest in health news delivered to your inbox! Sign Up Abdominal pain can be caused by a wide variety of conditions, such as infections, food poisoning, ulcers, or some cancers. Abdominal pain, including stomach aches, and dizziness often go hand in hand. In order to find the cause of these symptoms, it's important to know which one came first.Pain around your abdominal area can be localized or felt all over, affecting other areas of the body. 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Explaining your symptoms in detail will help your doctor determine the cause.For example, upper abdominal pain may be a sign of a peptic ulcer, pancreatitis, or gallbladder disease. Lower right abdominal pain can be a sign of kidney stones, appendicitis, or ovarian cysts.Be mindful of the severity of your dizziness. It's important to note that lightheadedness feels like you're about to faint, while vertigo is the sensation that your environment is moving.Experiencing vertigo is more likely to be an issue with your sensory system. It's usually an inner ear disorder rather than a result of poor blood circulation.Treatments for abdominal pain and dizziness vary depending on the primary symptom and underlying cause. For example, a gastric ulcer may require taking a medication or surgery. Your doctor can recommend a specific treatment course to treat the condition. In some cases, abdominal pain and dizziness resolves without treatment. This is common for food poisoning, stomach flu, and motion sickness.Try to drink lots of fluids if vomiting and diarrhea accompany your stomach pains. Lying or sitting down can help as you wait for symptoms to improve. You can also take medication to reduce stomach pains and dizziness.Tobacco, alcohol, and caffeine are linked to abdominal pain and dizziness. Avoiding excess consumption can help lessen these symptoms.Drinking water during intense exercise can also help reduce stomach cramps and dehydration. It's recommended to drink about 8 to 12 ounces of water every 15 minutes when you are in the heat or exercising.Be careful not to over-exercise to the point of vomiting, losing consciousness, or injuring yourself. Eating too much food in one sitting can cause feelings of nausea. However, there are many other possible causes, such as an infection, an ulcer, pregnancy, bulimia, and medication use.Nausea refers to a feeling of sickness or discomfort in the stomach that may result in an urge to vomit. There are many possible reasons that a person may feel nauseous after eating. These can range from eating too much, to certain conditions.The conditions that cause nausea after eating range from mild to severe. This article will outline what these disorders are, how to tell what is causing the nausea, and how to avoid or treat itShare on PinterestKseniya Ovchinnikova/Getty ImagesThe digestive system refers to a collection of organs that work together to break down food and drink. They digest what is consumed, turning nutrients into energy that the body can use for functioning or store for later use.The digestion process begins in the mouth, where food is broken down so that it can be swallowed. Food then travels down the food pipe (esophagus) towards the stomach and intestines. The digestive juices in the stomach and intestines break down the food for the final time and extract the nutrients. The waste passes into the large intestine for excretion through the anus.Any problems during this digestive process can cause nausea after eating.Symptoms will often develop in the stomach or upper abdominal area, where the large-scale breakdown of food begins. People may also experience other symptoms, such as diarrhea, headaches, or heartburn. Sometimes the body reacts to these problems by forcibly emptying the stomach, usually through vomiting. The problem can sometimes be identified by the color of the vomit. For example, a bright yellow or dark green color may indicate a problem in the small intestine.-LEARN MORE-Vomit color chart: What different colors meanCauses... how nausea develops after eatingThe gallbladder is responsible for releasing bile to aid in digesting fats. Gallbladder diseases impair the proper digestion of fats and can cause nausea after eating meals high in fat.The pancreas releases proteins and hormones necessary for digestion. If this organ becomes inflamed or injured, known as pancreatitis, nausea often occurs along with other intestinal symptoms and pain.Irritable bowel syndrome (IBS) is a chronic condition that can cause bloating and increased gas. In some people, this can also lead to nausea after eating.Other conditions that can cause meal-related nausea and vomiting can include:gastroparesisfunctional dyspepsiadumping syndromelit is also possible for cancers that affect the GI tract to cause nausea. These may include:Bowel ischemia is a rare circulatory condition which can link with other circulatory diseases. Nausea after eating could be a sign of arteries in the intestines narrowing. This narrowing of blood vessels restricts blood flow, which can damage the intestines.Nausea after eating can be accompanied by intense stomach pains and may indicate a condition known as chronic mesenteric ischemia. This condition can suddenly worsen and become life-threatening.Migraines can also cause nausea after eating, which can be accompanied by intense stomach pain, vomiting, and dizziness.In some cases, nausea after eating can be a warning sign of a heart attack.Anorexia nervosa can cause nausea due to excess stomach acid or starvation. Bulimia nervosa can cause nausea after eating from a compulsion to vomit any food consumed.Some people are highly sensitive to particular movements or motion, which can make them feel nauseated. Eating food before or after experiencing motion can intensify nausea in individuals with motion sickness.Other symptoms, which cause nausea after eating that indicate an underlying condition:Typically, nausea after eating is not related to a serious condition. If it continues for more than 5 days or if some of the symptoms mentioned above occur together, people should contact a doctor to rule out an underlying condition.Children who experience nausea after eating may need more attention. Contact a doctor if a child under 6 months old is vomiting, a child over 6 months old is vomiting and has a fever over 101.4°F, a child has been vomiting for more than 8 hours, a child vomiting blood, a child has not produced urine over 8 hours, a child is abnormally sleepy, a child has had abdominal pain for 2 hours, a child has a headacheFor adults, it is advisable to consult a doctor if they experience:vomiting bloodweight lossjaundiceenlargement of the abdomenabnormal bowel movementsThe causes of nausea are wide ranging. But recording exact times of nausea and food consumed can help a doctor make a diagnosis.Depending on the suspected cause, getting a full diagnosis could involve:blood or urine testswallowing testsCT scanMRITultrasoundTreatment and outlook will depend on the diagnosis and can vary greatly. For example, people with GERD or heartburn may need treatment with acid blocking medication or antibiotics for the stomach bacteria, H. pylori.People with a history of allergic or intolerant reactions should avoid certain foods. In the case of a stomach virus, people should stay well hydrated and eat bland foods once nausea decreases. More severe conditions, such as gallbladder disease, may require surgery.Read on to learn more about how to stop nausea naturally.-LEARN MORE:How to relieve nausea naturallySome tips that can help to prevent nausea after eating include:sticking to easy to digest foods, such as crackers, white rice, or dry toast. limiting eating when nauseated drinking ginger tea may helpsoothing milk or high-fiber foodystring chewing gum or sucking mints. drinking liquids regularly but in small quantities until nausea improvesmaller, more frequent mealsThere are many reasons a person may feel nauseous after eating. This can include eating too much, eating foods a person is allergic to or intolerant of, or eating contaminated food. It can also occur due to conditions that impact digestion. Nausea after eating does not usually relate to a serious condition. However, if the nausea persists or accompanies other symptoms, it may be advisable to consult a doctor. Feeling sick after eating is certainly unpleasant, especially if it happens often. Luckily, it's not usually a major cause for concern. Sometimes, however, nausea after a meal can point to an underlying health condition. In this article, we explore 14 reasons why you might feel sick after eating. You'll learn tips for easing this feeling, other symptoms to watch for, and when to speak with a doctor. Possible reasons why you feel sick after eating Let's run through some reasons why you might feel nauseous after a meal or a snack. 1. Gastroparesis Gastroparesis is when food stays in your stomach longer than it should before it travels down to your intestines. This issue is also called delayed gastric emptying. How common is it? In the United Kingdom, around 14 in 100,000 people have gastroparesis. So, fewer than 10,000 people in the country experience it. If you develop gastroparesis, you might also: start feeling full more quickly than usual have a poor appetite experience bloating have a sore tummy have excess wind experience heartburn If you've had these symptoms for a while, you might also be losing weight. Doctors don't always know why gastroparesis develops, but it's usually linked to type 2 diabetes. If you think you have gastroparesis, make an appointment with your doctor. 2. Overeating or eating too fast You might feel sick after eating if you've eaten too much or too quickly. These issues can be linked: people who eat quickly tend to eat more. The nausea should pass as your stomach empties its contents into your intestines. Here are some strategies for the future: Reduce your portion size – using smaller plates and bowls can help. Eat more often but have smaller meals. Don't let yourself get too hungry. Chew your food thoroughly. Put down your cutlery or take a sip of water between mouthfuls. Also, try to avoid screens during meals. If we're distracted by a laptop or TV, we tend not to notice how much we're eating. 3. Stomach bug When we feel sick after eating, a common culprit is an infection called gastroenteritis. It can have a bacterial or viral cause, and kids are especially likely to develop it. How common is it? The UK sees an estimated 17 million cases of gastroenteritis each year. So, about 1 in 4 of us get it in a given year. If you have gastroenteritis, or a 'stomach bug', you might also be experiencing: vomiting (sometimes projectile) a fever muscle aches joint pain a headache Unfortunately, there aren't specific treatments for gastroenteritis. It's a good idea to stay home until it passes. Here are some other strategies: Do your best to stay hydrated. If you're sick, try a rehydration drink from the pharmacy. Get rest and good sleep. If you feel like having food, keep it plain: bread, rice, or simple soups or pasta dishes. 4. Food poisoning When food is left out for too long, the bacteria in it can multiply, and eating this can make you sick. It's especially likely when animal products are involved. You might also get food poisoning from food that's been contaminated during manufacturing or processing. Bacteria called Campylobacter, Listeria and Salmonella are often responsible. How common is it? Food poisoning is less common than it used to be, thanks to food laws and improved hygiene standards. However, there are still around 2.4 million cases in the UK each year. Symptoms vary, but they often include: feeling sick stomach cramps diarrhoea vomiting fever and chills aches and pains Thankfully, food poisoning tends to improve on its own. Staying hydrated is key, as you're likely to lose a lot of fluids when you're vomiting or experiencing diarrhoea. 5. Hormonal changes Hormones have wide-ranging effects throughout your body, including your gut. During pregnancy, hormone levels can change dramatically, and these changes often cause nausea. Morning sickness is well-known, but you may feel sick before or after you eat at any time of day. These strategies can help: eating smaller meals not letting yourself get too hungry resting – but try not to nap right after a meal avoiding strong tastes and smells avoiding spicy and fatty foods staying hydrated trying ginger or peppermint tea to ease the nausea Feeling sick is most common between the second and fourth months of pregnancy. It's not usually a sign of complications, and it should go away with time. However, if the nausea is concerning, speak with your doctor. 6. Food allergies Food allergies can also make you feel sick after eating. They develop when your immune system mistakes a certain food or component as a threat. Some of the most common food allergies involve: peanuts tree nuts, such as Brazil nuts, pistachios and walnuts shellfish milk eggs fish soybeans wheat sesame Most of the time, the symptoms pass on their own. But more severe cases can trigger anaphylaxis, a life-threatening reaction. If you think this might be happening, seek medical attention immediately. Alongside nausea, symptoms of a food allergy can include: a rash feeling cold and clammy reduced blood pressure increased heart rate a runny nose and streaming eyes vomiting and diarrhoea swelling of the face and throat trouble breathing There's no cure for food allergies. But antihistamine medications can help reduce the symptoms of less severe reactions. Overall, the best approach is to identify and avoid your triggers. How common are they? Food allergies seem to be on the rise in Western countries. Around 2.4 million people in the UK have a food allergy diagnosis. That's roughly 1 in 27 people. 7. Food intolerances Though they're sometimes lumped together, food intolerances are different from food allergies. Allergies are driven by the immune system, but an intolerance means that your gut has trouble processing or digesting a certain food or component. The symptoms of intolerances and allergies can overlap. But if you have an intolerance, your symptoms tend to be less severe and mainly gut-based.Symptoms of a food intolerance can include: feeling sick after eating belly pain bloating diarrhoea excess wind heartburn headaches Some of the most common culprits are: FODMAPs, a type of carbohydrate in many fruits and vegetables lactose, the sugar in cow's milk. fructose, the sugar in fruit histamine, a chemical in cheeses, alcoholic drinks, processed meats, and some fruits, fish and fermented foods How common are they? Diagnosing food intolerances is tricky – we don't always know why they occur, and it's hard to know how many of us are affected. But experts estimate that up to 1 in 5 people have a food intolerance. In the UK, that's around 13 million people. The best way to prevent the symptoms is to identify and avoid the trigger. Keeping a food and symptom diary can help you spot the cause. 8. Gallbladder disease When you consume fat, your gallbladder releases bile into your gut to help break it down. If there's an issue affecting your gallbladder, you might feel sick a short while after eating high-fat foods. Other symptoms of gallbladder diseases include: pain in the upper-right section of your abdomen vomiting fever and chills yellowing of the skin How common is it? In the UK, gallbladder diseases affect around 2% of females and 1% of males. If you think you might have a gallbladder disease, speak with your doctor. 9. Heartburn or GORD Many of us are familiar with heartburn, a burning sensation in the chest. It happens when food travels from your stomach back up into your oesophagus – the food pipe. Because your stomach contents are acidic, this reflux can burn the sensitive lining of the oesophagus. This, in turn, can cause nausea, pain and general discomfort after a meal. Many of us have heartburn every once in a while, but some people experience it regularly for weeks, months or years. Doctors refer to this as gastroesophageal reflux disease (GORD). How common is it? GORD affects around 14% of people in the UK, which is around 9.4 million people. Alongside feeling sick after eating, you might experience: vomiting an unpleasant taste in your mouth a cough inflammation of the voice box eroded teeth bloating burping Your doctor may prescribe medication for GORD. The following strategies can also help minimise the symptoms: eating smaller portions sleeping with more pillows to keep your head elevated (if you have symptoms at night) maintaining a healthy weight avoiding foods and drinks that trigger your symptoms, such as caffeine, high-fat foods, citrus fruits, carbonated drinks and minty teas If you have heartburn multiple times a week and trouble swallowing or any severe symptoms, make sure to visit your GP. 10. Stress, mood and mental health There are complex nervous system connections between your gut and brain. Collectively, these connections are called the gut-brain axis. Stress, mood and mental health conditions can influence your levels of stress hormones. This can cause gut symptoms, such as: feeling sick heartburn diarrhoea constipation How common are they? Stress affects everyone to a certain degree. Mental health conditions, including depression and anxiety disorders, are common, affecting around 1 in 6 people in England and around 11 million people in the UK. If stress or mental health conditions lead to nausea after you eat, it's important to identify the root cause. For stress, simple techniques like breathing exercises and yoga can help some people. If you believe that you have a mental health condition, speak with your doctor, who may prescribe talking therapy or medication. 11. IBS Irritable bowel syndrome (IBS) is a common gut disorder. It causes a range of symptoms, including: feeling sick (though this is less common) stomach cramps and pain bloating diarrhoea or constipation excess wind back pain fatigue a sudden urge to poo or pee How common is it? IBS affects about 1 in 20 people in the UK, which is more than 3 million people. Certain lifestyle changes can help, including: limiting fatty, spicy and processed foods not having more than three portions of fruit per day reducing caffeine avoiding fizzy drinks and alcohol keeping a regular eating reducing stress If you think you have IBS, speak with your doctor, who may prescribe medication. Also, keeping a food and symptom diary can help you identify your triggers. 12. Diabetes Gastroparesis – when food moves through your stomach too slowly – is more common in people with type 2 diabetes. As we mentioned earlier, it can cause nausea after a meal. Meanwhile, having low or high blood sugar can also make you feel sick. These are issues that people with diabetes contend with. How common is it? Diabetes affects around 4.4 million people in the UK, or around 1 in 15 people. Other symptoms of low blood sugar can include: feeling shaky, irritable, confused, nervous or anxious sweating and chills an increased heart rate lightheadedness hunger feeling sleepy, weak or low in energy blurred vision tingling or numbness in the lips, tongue or cheeks Other symptoms of high blood sugar include: peeing more than usual thirst tiredness a headache blurred vision Managing diabetes well eases these symptoms. If you think you might have diabetes, visit your doctor to get tested. And if your diabetes needs to be managed better, let your doctor know. 13. Pancreatitis Pancreatitis is a serious condition caused by an inflamed pancreas. Nausea can be a symptom, but the most prominent symptom is upper-abdomen pain that can spread to your back. How common is it? Pancreatitis affects around 0.2% of people in the UK each year, which is around 140,000 people annually. Seek medical attention if you think you have pancreatitis. 14. Medications Many types of medicine can cause nausea. In general, this side effect stops once you stop taking the drug. If any side effect is distressing, speak with your doctor, who may be able to prescribe something else. Drugs that can cause nausea include: antibiotics antidepressants anti-cancer chemotherapy opioids certain over-the-counter products, like iron supplements It's important to speak with your GP before you stop taking any prescribed medication. Home remedies If you feel sick after eating, the strategies below may help. But if your symptoms are severe, please skip down to the next section. It's about when to seek medical care. Some approaches to easing nausea after a meal include: having easy-to-digest foods, like rice, crackers or dry toast, if you feel up to it having smaller meals but eating more often staying hydrated chewing gum or sucking on mints having ginger products, like ginger tea limiting or avoiding dairy products for a few weeks to see if it helps When to seek medical help Most often, feeling sick after eating is not a medical emergency. But get help right away if the nausea occurs with any of these symptoms: chest pain, especially if it's sudden or severe sudden or severe abdominal pain blood in your vomit or dark vomit trouble breathing a fever and neck stiffness a severe headache confusion or blurred vision bleeding from your bum Summary Feeling sick after eating is unpleasant, but it's rarely a cause for concern. The nausea can stem from a wide range of conditions, including food allergies or intolerances, infections, diabetes, IBS, GORD, or problems with your pancreas or gallbladder. Lifestyle factors, such as eating too much or too fast, can also cause nausea after eating. Changes in stress hormone levels can play a part, as can certain medications. Some self-care strategies may help, but if your symptoms concern you or get worse, seek medical help. To learn more about other gut health topics, visit Symprove's Gut Hub. Sources Acute and chronic pancreatitis disease prevalence, classification, and comorbidities: A cohort study of the UK BioBank. Clinical and Translational Gastroenterology. (2022). Link. Anaphylaxis. (2021). Link. Combined impact of a faster self-reported eating rate and higher dietary energy intake rate on energy intake and adiposity. Nutrients. (2020). Link. Epidemiology and outcomes of gastroparesis, as documented in general practice records, in the United Kingdom. Gut. (2020). Link. Food allergy and food intolerance. (n.d.). Link. Food allergy: Is prevalence increasing? Internal Medicine Journal. (2017). Link. Foodborne pathogens. (n.d.). Link. 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