



## Vomiting and foreign bodies and their impact on driving

### Vómiting

Is the **expulsion** of stomach contents via the mouth.

This can occur suddenly but is often preceded by a feeling of nausea.

### There can be various causes:

- Mental disorders
- Neurological disorders
- Gastrointestinal disorders
- Urogenital disorders
- Acute infectious diseases
- Pharmacological agents
- Physical agents

### The symptoms that tend to accompany vomiting are:

- Loss of strength
- Pallor
- Sweating, clammy skin
- Low blood pressure
- Tachycardia

### Foreign Bodies

Sometimes drivers chew or suck on small objects such as toothpicks, biro caps, candies, etc. while driving.

They may **accidentally swallow** these items causing a **sudden blockage** of the respiratory tract or digestive apparatus, causing esophageal spasm, pain or even cardiac obstruction.

Drivers **should refrain from eating or drinking while driving** as this can easily cause choking by a piece of food getting trapped in the windpipe.

Choking causes a feeling of something being **"stuck" in the chest**, retrosternal pain or dysphagia (difficulty swallowing), and even respiratory difficulties from a compressed trachea.

**It is essential to establish whether the blockage** is in the windpipe or the digestive tract, and at which level.

## ADVICE ON VOMITING AND DRIVING



### If you feel nauseous and need to be sick

Or if you experience digestive discomfort, you need to park the car in a safe place.



### Episodic vomiting

If after vomiting the driver feels completely recovered, he can continue driving after a few minutes.



### Repetitive vomiting

This should be regarded as pathological and completely incapacitates the driver.



### If you are driving and start vomiting

Keep calm, do not make any sudden movements with the vehicle, stop as soon as you can find a safe place to do so that does not affect other traffic and seek help.



### The sedative effect of medication

Most prokinetic drugs have a sedative effect which has an impact on the ability to drive.



### Do not drink prokinetic medicines from the bottle

You may unwittingly take more than the prescribed dose which can heighten the sedative side effects.

## ADVICE ON FOREIGN BODIES AND DRIVING



### Choking increases the risk of accidents

This is an alarming situation which causes increased anxiety and distraction and can lead to the complete loss of control of the vehicle.



### Do not put small objects in your mouth (toothpicks, biro caps, etc.)

Never eat or drink while driving. You can easily choke on a drink or a small piece of food.



### What should I do if I start choking while driving?

Keep calm, stop the vehicle and park it in the safest possible place, and seek medical help.