

# the RED CUP Q&A

separating alcohol fact from fiction

wildfact

Professional prankster Irving Fishlove began manufacturing plastic puke in 1959.

## Why do we vomit when we get drunk?

Our bodies naturally react when exposed to a toxin. And even if you can't recognize when you've consumed a toxic level of alcohol, your body can. Bowing down to the porcelain god is never any fun, especially if there is no one there to hold your hair or share that horrible accompanying stench as you un-swallow. Ewww!

It's as simple as this – alcohol irritates the esophagus, stomach, and intestines any time you drink. Additionally, it causes inflammation of the stomach lining and creates extra stomach acid. Your brain, in an effort to safeguard your body, orchestrates your Technicolor yawn when triggered by signals coming from the stomach, intestines, bloodstream, inner ears, or other centers of the brain itself.

Yerping can occur when your body reaches a .15 BAC level. A 120 lb. female could get over a .15 BAC level if she had five standard drinks in a

two hour period. A 140 lb. male might toss a sidewalk pizza, reaching a .15 BAC, if he consumed seven standard drinks in two hours. Participating in drinking games and imbibing out of red cups without understanding just how many standard drinks one is actually consuming is a frequent cause of college students launching lunch.

Not everyone who blows chunks has alcohol poisoning that warrants an immediate call to 911, quick medical attention, and being placed on their side. However, suspect serious alcohol poisoning if someone is unresponsive, is cold and clammy, has a pale or bluish tint to their skin, nail beds and/or lips, or has a slow breathing rate (breaths more than 8 seconds apart).

The secret to not barking at the ants is to moderate your drinking and eat enough food to keep your stomach lining happy. You'll feel better for it. Everyone hates to hork.

Got a question about alcohol? Email it to [redcup@email.arizona.edu](mailto:redcup@email.arizona.edu)



[www.health.arizona.edu](http://www.health.arizona.edu)



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