

Abdominal Pain Advice Sheet

Name of Child Age Date/Time advice given

Further advice/ Follow up

.....
.....
.....

Name of Professional Signature of Professional

How is your child?



Red

- Unresponsive
- Rash that does not disappear using the tumbler test
- Green or blood stained vomit
- Increasing sleepiness
- Severe or increasing pain

You need urgent help

Please **call 999**



Amber

- Increased thirstiness
- Weeing more or less than normal
- Pain not controlled by regular painkillers
- Swollen tummy
- Yellow skin or eyes
- Blood in their poo or wee
- Not being as active or mobile as usual

You need to contact a doctor of nurse today

Please ring your GP surgery or **call NHS 111**



Green

- If none of the above factors are present

Self Care

Using the advice overleaf you can provide the care your child needs at home

Some Useful Contact Details



GP Surgery

Call

NHS 111

Dial 111

Available 24 hr/7 days a week

GP Out of Hours Service
Appointment booked via
NHS 111 service

Dial 111

Available 24 hr/7 days a week

For online advice: NHS Choices www.nhs.uk (available 24 hours – 7 days a week)

If you need language support or translation please inform the member of staff to whom you are speaking. For more copies of this document, please contact your GP.

Abdominal Pain Information Sheet

About abdominal pain in children

There are many health problems that can cause stomach pain for children, including;

- Bowel (gut) problems – constipation, colic or irritable bowel
- Infections – gastroenteritis, kidney or bladder infections, or infections in other parts of the body like the ear or chest
- Food related problems – too much food, food poisoning or food allergies
- Problems outside the abdomen – muscle strain or migraine
- Surgical problems – appendicitis, bowel obstruction or intussusception (telescoping of part of the gut). Suspect appendicitis is pain located low on the right side, walks bent over, won't hop or jump, and prefers to lie still.

How can I look after my child?

- Reassure the child and try to help them rest
- If they are not being sick, try giving them paediatric paracetamol (oral suspension), **avoid** giving aspirin
- Help your child drink plenty of clear fluids such as cooled boiled water or juice
- Do not push your child to eat if they feel unwell
- If your child is hungry, offer bland food such as crackers, rice, bananas or toast
- Place a gently heated wheat bag on your child's tummy or run a warm bath for them

Things to remember

- Many children with stomach pain get better in hours or days without special treatment and often no cause can be found
- Sometimes the cause becomes more obvious with time and treatment can be started
- If pain or other problems persist, see your doctor