

Abdominal Pain Advice Sheet

Abdominal pain in children is a common problem. Most children do not require any treatment and the pain will eventually go by itself, but in some cases the pain may become worse. Check your child regularly, if your child shows any of the signs/symptoms below please follow the advice given.

- Becomes unresponsive.
- A rash that does not disappear using 'The Tumbler Test'
- Green or blood stained vomit.
- Severe and increasing pain.

You need emergency help. Please phone 999 or go straight to the nearest A&E department.

- Swelling anywhere to the body.
- Unexplained thirst
- Increased or decreased urine output.
- Pain not controlled by regular painkillers.
- Swollen tummy.
- Blood in poo or wee.

Please phone your GP/NHS 111 to arrange a same day appointment or telephone assessment

- You are concerned about your child and would like further advice.

Please contact NHS 111 or health visitor

Offer your child regular diet & fluids.
Give regular pain relief. Paracetamol / Ibuprofen as per manufactures instructions

Common Causes of Abdominal pain

- **Constipation** – Not opening bowels on a regular basis and or hard poo
- **Urinary tract infection** - Infection in the bladder or kidneys
- **Gastroenteritis** - Stomach bug, which may cause diarrhoea or vomiting
- **Appendicitis** - Inflamed Appendix
- **Gynaecological problems in teenage girls** – eg. period pains