

Helping Hand™

Abdominal Pain – Outpatient

Abdominal pain (pain in the stomach area) can happen for many reasons. At this time we cannot determine if your child's pain is caused by a more serious illness. It is very important that you watch your child closely for the next 24 hours.

- Follow up with your child's doctor in ____ hours.
- Have your child rest until he or she feels better.
- Take your child's temperature, if he or she feels warm or there is a change in symptoms or behavior (see below). Give medicine for pain **only** if the doctor allows it.
- Do not ignore symptoms that continue or get worse.
- **DO NOT USE LAXATIVES OR ENEMAS** unless your doctor tells you it is okay.
- **DO NOT** use a heating pad or hot water bottle.

Go Back to Your Child's Doctor or the Emergency Department if Your Child Has:

- Severe pain lasting more than one hour.
- Vomiting blood or dark green fluid; constant vomiting and child cannot drink liquids.
- Heavy or labored breathing
- Pain or burning when urinating; or **blood in the urine or stools**. If he urinates less often or makes less urine than normal.
- Pain around the belly button that moves to the lower right part of the belly.
- Constant pain, even if it's not severe, or pain that gets worse with activity.
- Swollen abdomen or severe pain when the abdomen is touched.
- Pain in the groin or testicles.
- Pain along with **vaginal discharge**.
- Constant high fever
- New symptoms or symptoms that get worse.

Food and Drink – Follow Any Instructions Checked Below:	
	Your child may have his usual foods. Encourage him or her to rest and drink plenty of liquids.
	Infant younger than 6 months – You may give these clear liquids: Infant Pedialyte [®] , breast milk (or formula) or juice.
	<u>Child older than 6 months</u> – Give clear liquids. This includes water, plain fruit popsicles, Gatorade [®] , flavored gelatin and clear fruit drinks.
	Your child should NOT HAVE SOLID FOODS for the next \square hours \square 8 hours. Solid foods include soups, ice cream, sandwiches, fruit, vegetables, etc. Reason: if more tests or surgery are needed, it's best to have nothing in the stomach.
Otl	ner instructions