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 if symptoms or behavior change, see below. **Do not ignore symptoms that continue or get worse.**
- **DO NOT USE LAXATIVES OR ENEMAS** unless your child’s doctor tells you it is okay.
- **DO NOT** use a heating pad or hot water bottle.
- Give medicine for pain **only if the doctor allows it.**

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**; 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 is 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 or her usual foods. Encourage the child 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.

☐ **Child older than 6 months** – 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

☐ _____ hours  ☐  8 hours

Solid foods include soups, ice cream, sandwiches, fruit, vegetables, etc. Reason: if more tests or surgery are needed, it is best to have nothing in the stomach.

Other instructions

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