

Abdominal Pain Advice Sheet

Name of child: _____ Age: _____ Date/Time advice given: _____

Further advice/Follow-up: _____

Name of professional: _____ Signature of professional: _____



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 phone 999 or go straight to the nearest Accident and Emergency Department.



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 or nurse today.
Please ring your GP surgery or call NHS 111 – dial 111.



Green

- If none of the above features are present, most children with can be safely managed at home

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

Useful information

Children under the weather?

Search 'Catch app' to download a free NHS local health app for parents and carers of children from pregnancy to age 5.



GET IT ON
Google Play



Download on the
App Store

For more information visit www.catchapp.co.uk or @catchapp_uk




Common Approach To Children's Health

Your Pharmacist

Pharmacists can offer advice and medicines for a range of minor illnesses and most have a room where you can discuss issues with pharmacy staff without being overheard and are trained to tell you when your symptoms mean you need to see a doctor.

To find your local pharmacy and open times visit www.sthelenscares.co.uk



Need medical advice or help right now?

CALL
111

Use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation. You can also access 111 online at: www.111.nhs.uk

Trained advisors are available 24 hours a day and can book you an appointment at the Urgent Treatment Centre, order a repeat prescription or put you in touch with a healthcare professional.

Abdominal Pain Advice 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 if pain low on the right side, walks bent over, won't hop or jump, and prefers to lie still.
- Period pain – some girls can have pain before their periods start.
- Poisoning – such as spider bites, dishwasher tablets, toilet discs, eating soap or smoking.
- The most common cause of recurrent stomach aches is stress. Over 10% of children have them. The pain occurs in the pit of the stomach or near the belly button. The pain is mild but real.

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 wheatbag/heat pack 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.