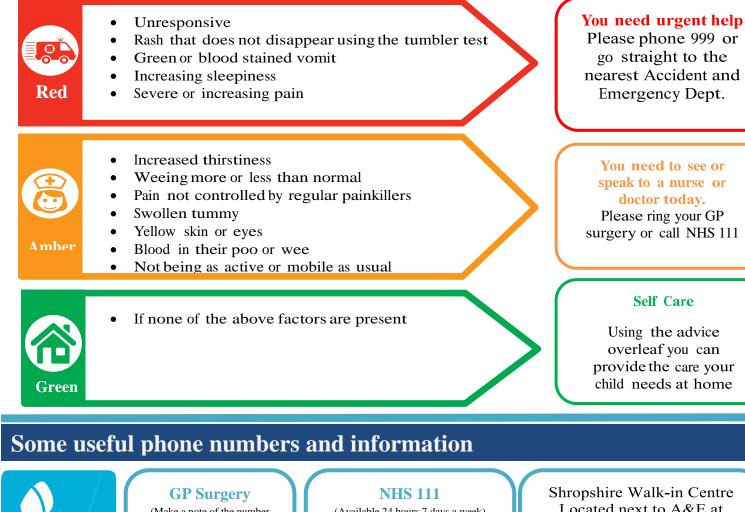


#### **Abdominal Pain Advice Sheet**

Name of Child	Age Date / Time advice given
Further advice / Follow up	
Name of Professional	

#### How is your child?



(Make a note of the number here)

NHS 111 (Available 24 hours 7 days a week) Visit NHS111 Online <u>https://111.nhs.uk/</u> Or Dial 111 Shropshire Walk-in Centre Located next to A&E at Royal Shrewsbury Hospital Open from 8am to 8pm, 7 days a week including bank holidays

#### For online health condition advice visit: <u>https://www.nhs.uk/conditions/</u>

All advice sheets can be found on Shropshire, Telford and Wrekin CCG Website: https://www.shropshiretelfordandwrekinccg.nhs.uk/your-health/childrens-health/

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### **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, 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 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.