

How is your child?



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 Dept.



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 see or
speak to a nurse or
doctor today.**
Please ring your GP
surgery or call NHS 111



Green

- If none of the above factors are present

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

Some useful phone numbers and information



GP Surgery
(make a note of number here)

NHS 111
dial 111
available 24 hours
7 days a week

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: www.nhs.uk/conditions

All advice sheets can be found on Shropshire CCG Website; <http://www.shropshireccg.nhs.uk/>

All advice sheets can be found on Telford and Wrekin CCG Website; <https://www.telfordccg.nhs.uk/>

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.

