

Abdominal Pain Advice Sheet

Advice for parents and carers



RED

- becomes pale and floppy
- cold hands and feet
- becomes drowsy or difficult to wake
- green or blood stained vomit
- excruciating pain despite pain relief such as paracetamol or ibuprofen
- testicular pain in a boy (especially in teenage boys)

Your child needs urgent help

please phone 999 or go to the nearest hospital emergency (A+E) department



AMBER

- swollen tummy
- blood in your child's poo or wee
- constant dull pain lasting more than 1 day despite pain relief
- fever or symptoms continuing for more than 5 days
- increased thirstiness
- weeing more or less than normal
- yellow skin or eyes
- weight loss/ faltering growth

You need to contact a doctor or nurse today

please ring your GP surgery or call NHS 111 for advice – dial 111



GREEN

- is alert and interacts with you
- diarrhoea & vomiting but no red or amber signs
- pain associated with menstruation in a girl
- recurrent constipation

Self Care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 for advice – dial 111

Self Care: should include ensuring your child has regular food and drink (clear fluids) and regular pain relief (paracetamol/ ibuprofen should be given as per manufacturers instructions).

Some useful phone numbers (You may want to add some numbers on here too)



GP Surgery
(make a note of number here)

NHS 111
dial 111

(available 24 hrs - 7 days a week)

Children's Ward

Acute Community Nursing Team

For online advice: Healthier Together www.what0-18.nhs.uk (available 24 hrs/7 days a week)

www.what0-18.nhs.uk

This guidance is written by healthcare professionals from across Hampshire, Dorset and the Isle of Wight