ABDOMINAL PAIN IN CHILDREN – ADVICE SHEET

* Becomes unresponsive
* A rash that does not disappear using the tumbler test
* Green or blood stained Vomit
* Increasing sleepiness
* Severe or increasing pain

If your child does not have any of the above symptoms but you are still concerned about your child

* 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

Common Causes of Abdominal pain

* **Constipation** – Not opening bowels on a regular basis and or hard poo
* **Urinary tract infection** - Infection in the bladder or kidneys
* **Gastroenteritis** - Stomach bug, which may cause diarrhoea or vomiting
* **Appendicitis**  - Inflamed Appendix
* **Gynaecological problems in teenage girls** – eg. period pains

**Offer your child regular diet & fluids**

**Give regular pain relief. Paracetemol/Ibuprofen as per manufactures instructions**

Please phone NHS Direct – 0845 46 47 or 111. Or speak to a healthcare professional.

Please ring your G.P Surgery or attend the walk in centre. Your child needs to be seen today

You need urgent help. Please phone 999 or go straight to your nearest Accident & Emergency department

**Abdominal pain in children is a common problem. Most children do not require any treatment and the pain will eventually go by itself, but in some cases the pain may become worse. Check your child regularly, if your child shows any of the signs/symptoms below please follow the advice given.**