

Abdominal Pain Advice Sheet

Advice intended for parents/ carers taking their child home after seeking medical input



Red

- Becomes unresponsive
- A rash that does not disappear using the tumbler test
- Green or blood stained vomit
- Increasing sleepiness
- Excruciating pain despite pain killers (see below)

Your child needs urgent help

please phone 999 or go to the nearest A+E Department



Amber

- Increased thirstiness
- Weeing more or less than normal
- Pain not controlled by regular painkillers
- Swollen tummy
- A fever continuing for more than 5 days
- Yellow skin or eyes
- Blood in your child's poo or wee
- Not being as active or mobile as usual
- Weight loss/ faltering growth
- Testicular pain in a boy (especially in teenage boys)

You need to contact a doctor or nurse today

please ring your GP surgery or call NHS 111 – 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 – 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).

This guidance is written in the following context: This assessment tool was arrived at after careful consideration of the evidence available including but not exclusively NICE Guidance and NHS evidence. . Healthcare professionals are expected to take it fully into account when exercising their clinical judgement. The guidance does not, however, override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or guardian or care.