

Abdominal Pain Advice Sheet

Advice for parents and carers



RED

If your child:

- Becomes pale and floppy
- Develops cold hands and feet
- Becomes drowsy or difficult to wake
- Has green or blood stained vomit
- Develops severe pain despite pain relief such as paracetamol or ibuprofen
- Has testicular pain (especially in teenage boys)

Your child needs urgent help

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



AMBER

If your child:

- Develops a swollen tummy
- Has blood in their poo or wee
- Experiences constant pain for more than 1 day despite pain killers
- Has a fever or symptoms continuing for more than 5 days
- Becomes increasingly thirsty
- Is weeing significantly more or less than normal
- Develops yellow skin or eyes
- Has weight loss/ poor growth

You need to contact a doctor or nurse today

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



GREEN

If your child:

- Is alert and interacts with you
- Develops diarrhoea & vomiting but no red or amber signs
- Experiences pain associated with menstruation in a girl
- Is frequently constipated

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



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