

Abdominal Pain

What is the cause of my abdominal pain?

Abdominal pain can sometimes be quite difficult to diagnose. You have been seen and examined by a doctor and may have had investigations performed. Your symptoms have been assessed as being unlikely to indicate a serious cause of abdominal pain (for example a condition requiring an operation). However, it is not always possible to be 100% certain.

It is important to observe the following precautions for the next 24 hours:

- Rest—avoid activity that exacerbates the pain.
- Normal diet and fluid intake.
- Ensure there is someone around to keep an eye on you.
- Avoid travel, especially involving long travel times or travel to remote locations.
- It is advisable to take simple pain killers such as paracetamol (2 tablets (500mg each) 4 times daily).
- Please see your GP or return to the Emergency Department if any of the following occur:
 - Increased or continuing pain
 - Ongoing vomiting
 - High temperatures
 - Night sweats, shivers, or shakes
 - Your condition is not improving.

The doctor(s) in the Emergency Department today feel that it is unlikely that you have a serious cause of abdominal pain. However, it may be early on in the course of your illness or your illness might change. It is therefore important for you to observe the advice above and to seek help if you are concerned.

If you have any questions, please ask the doctors or nurses before you leave the hospital.

Instructions:

Seeking help:



In a medical emergency go to your nearest emergency department or call 000.



Updated by ECI November 2017 — Also available at www.aci.health.nsw.gov.au/networks/eci

With thanks to Royal North Shore Hospital ED Discharge Information