



Abdominal Pain

PATIENT FACT SHEET

HEAL SPECIALIST URGENT CARE

What is the cause of my abdominal pain ?

- Sometimes it can be quite difficult to diagnose. You have been seen and examined by a doctor and may have had some 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 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 to remote locations
- It is advisable to take simple pain relievers such as paracetamol 2 x tablets (500mg each) - 4 times daily

Please return to the emergency department if any of the following occur

- Increased or continuing pain
- Ongoing vomiting
- High Temperature
- Night sweats, shivers or shakes
- Your condition is not improving.

The doctor in Heal urgent care today felt 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 important that you observe the advice above and seek help if you are concerned.

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

Seeking Help: In a medical emergency go to your nearest emergency department or call 000

Disclaimer: This health information is for general education purposes only. Always consult with your doctor or other health professionals to make sure this information is right for you.