

Children's Emergency Department

Abdominal pain parent/carer discharge information



Stomach aches are very common in children and there are many causes. Most are not serious, and children often get better on their own. Pain can arise from any structure in the abdomen including the stomach, intestines/bowel, kidneys, bladder, and other organs. Some children get tummy pain as a result of stress.

Stomach ache can come on suddenly or slowly. Severe pain does not always mean your child is suffering from a serious illness. Severe pain can be associated with mild illnesses such as wind pain or cramps from viral gastroenteritis. Also, some serious illnesses start with relatively mild stomach ache. Babies and young children may cry and draw their knees up towards their chest when experiencing stomach ache. Your child may also have other symptoms that are associated with the cause of stomach ache such as vomiting.

What should I do now?

- see if your child will lie down and rest
- encourage your child to drink plenty of clear fluids
- if they do not want to eat, do not force them to
- encourage your child to sit on the toilet as doing a poo may help the pain



Patient Information

What medication can I give to my child/adolescent?

- Paracetamol and or ibuprofen (if applicable) to be given for pain,
Paracetamol 4-6 hourly last given at.....
Ibuprofen 6-8 hourly last given at.....

When should I seek medical advice?

- the pain is severe, constant and persists for more than 1 hour
- your child also has a high fever
- if your child has a rash or appears very pale or tired/ drowsy
- your child has persistent vomiting or vomit that is a green/ yellow colour
- if your child has a swollen or distended tummy and/ or lumps in the groin
- your child has blood and/ or slime in their poo
- your child has pain when they pass urine or there is blood in the urine
- if there is pain in the scrotum or testicle or the groin area in a boy
- if your child has recently suffered a tummy injury
- your child does not seem to be getting any better

Further information

If you would like further advice/information, please contact:

- Call 111 (24 hours a day)
- Contact your General Practitioner

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6934 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet, please email feedback@uhcw.nhs.uk.

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