

Information for Parents / Carers:

Caring for your child with Abdominal (Tummy) Pain



About abdominal (tummy) pain in children

There are many health problems that can cause tummy pain for children, including:

- Bowel (gut) problems - constipation, colic or irritable bowel
- Infection - gastroenteritis, infections in other parts of the body like the ear, chest kidney or bladder.
- Food related problems - too much food, food poisoning or food allergies
- Problems outside the abdomen - muscle strain or migraine
- Surgical problems - appendicitis, bowel obstruction or intussusception (telescoping of part of the gut). Suspect appendicitis if the pain is low on the right side, your child walks bent over, won't hop or jump, and prefers to lie still.
- Period pain- some girls can have pain before their period starts.
- Poisoning- such as spider bites, eating soap or smoking.
- The most common cause of recurrent tummy ache is stress. Over 10% of children have this. The pain occurs in the pit of the stomach or near the belly button. The pain is mild but real.

How can I look after my child?

- Reassure the child and try to help them rest.
- If they are not being sick, try giving them paediatric paracetamol oral suspension.
- Avoid giving them aspirin.
- Help your child drink plenty of clear fluid such as cooled boiled water or juice.
- Do not insist that your child should eat, if they feel unwell.
- If your child is hungry, offer food such as crackers, rice, bananas or toast.
- Place a gently heated wheat bag on your child's tummy or run a warm bath for them.

Things to remember

- Many children with stomach pain get better in hours or days without special treatment and often no causes can be found.
- Sometimes the cause becomes more obvious with time which enables appropriate treatment to be started.
- If pain or other problems persist, see your doctor.

The tumbler test

If a rash appears, do the tumbler test. Press a glass tumbler firmly against the rash. If you can see spots through the glass and they do not fade, this is called a 'non blanching rash'. If this rash is present, seek medical advice urgently to rule out serious infection. The rash is harder to see on dark skin so check paler areas such as the palms of hands and soles of feet.

Abdominal pain Advice Guide:

How is your child?



Red

If your child

- Becomes unresponsive
- Has rash that does not disappear using the tumbler test on this page
- Has green or blood stained vomit
- Is increasingly sleepy
- Has severe or increasing pain

You need urgent help

Please phone 999 or go to the nearest Accident and Emergency



Amber

If your child has

- Increased thirstiness
- Weeing more or less than normal
- Pain not controlled by regular painkillers
- Swollen tummy
- Yellow skin or eyes
- Blood in their poo or wee
- Not being active or mobile as usual

You need to contact a doctor or nurse today

Please ring your GP surgery or call NHS 111 - dial 111



Green

- If none of the above features are present.

Self care

Using the advice overleaf you can provide the care your child needs at home

Name of Child

Age Date/Time advice given

Further advice / Follow up

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Name of professional

Signature of professional

Some Useful Phone Numbers

GP Surgery (make a note of the number here)

NHS 111 - Dial 111

(available 24hrs - 7 days a week)

GP Out of Hours Service - appointments booked via NHS 111

(Open from 6:30pm - 8:30am, 7 days a week)

For online advice:

NHS Choices www.nhs.uk

(available 24hrs - 7 days a week)

Urgent Care Centre

Warren Farm Urgent Care Centre

Warren Farm Road, Birmingham, West Midlands, B44 0PU

8.00am-8.00pm

Erdington Health and Wellbeing Walk In Centre

196 High Street, 1st Floor, Erdington, Birmingham, B23 6SJ

8.00am-8.00pm

Washwood Heath Urgent Care Centre

Clodeshall Road, Washwood Heath, Birmingham, West Midlands, B8 3SN

9.00am-9.00pm

The Hill Urgent Care Centre

Sparkhill Primary Care Centre, 856 Stratford Road,

Sparkhill, Birmingham, B11 4BW

8.00am-8.00pm

South Birmingham GP Walk In Centre

0121 415 2095

15 Katie Road, Selly Oak, Birmingham, B29 6JG.

8.00am-8.00pm

Birmingham NHS Walk In Centre

0121 255 4500

Lower Ground Floor, Boots The Chemists Ltd,
66 High Street, Birmingham, West Midlands, B4 7TA

Mon-Fri: 8.00am – 7.00pm (last patient seen at 6:30pm)

Sat: 9.00am – 6.00pm (last patient seen at 5:30pm)

Sun: 1.00am – 4.00pm (last patient seen at 3:30pm)

Solihull UCC

Solihull Hospital, Lode Lane, Solihull, B91 2JL

8.00am-8.00pm

Summerfield GP and Urgent Care Centre

Summerfield Primary Care Centre, 134 Heath Street,
Winson Green, Birmingham, B18 7AL.

8.00am-8.00pm

If you require an interpreter, inform the member of staff you are speaking with.

Data Protection

Looking after and sharing information about your child

We have a duty of care to help patients and families understand how information about them is kept and shared and we include the following information in all our patient leaflets:

Information is collected about your child relevant to their diagnosis, treatment and care. We store it in written records and electronically on computer. As a necessary part of that care and treatment we may have to share some of your information with other people and organisations who are either responsible or directly involved in your child's care. This may involve taking your child's information off site. We may also have to share some of your information for other purposes, such as research etc. Any information that is shared in this way will not identify your child unless we have your consent. If you have any questions and/or do not want us to share that information with others, please talk to the people looking after your child or contact PALS (Patient Advice and Liaison Service) on 0121 333 8403.

Birmingham Children's Hospital NHS Foundation Trust

Steelhouse Lane Birmingham B4 6NH

Telephone 0121 333 9999

Fax: 0121 333 9998

Website: www.bch.nhs.uk

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HELP
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DIFFERENCE



Birmingham
Children's Hospital
Charity



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For more info on how to get involved:

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@ fundraising@bch.org.uk

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a month to
show your love
for tomorrow's
children

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