

# Stomach ache

Most stomach aches are not serious and will go away after a few days.

## Common causes of stomach ache

Talk to your GP if you're worried about your stomach ache.

Common causes of stomach ache include:

- [farting \(flatulence\)](#) - feeling bloated or farting a lot
- indigestion - feeling full and bloated after eating, heartburn or feeling sick
- [constipation](#) - cannot poo
- [diarrhoea](#) or [food poisoning](#) - watery poo, feeling sick or vomiting

## When to see a pharmacist

You can ask a pharmacist about:

- what might be causing your stomach ache
- treatments that might help
- medicines for constipation and indigestion

## When to see your GP

Talk to your GP if you have a stomach ache and:

- the pain gets much worse quickly
- the pain or bloating does not go away or keeps coming back
- you have stomach pain and problems swallowing food
- you're losing weight without trying to
- you pee more often or less often
- peeing is painful
- you bleed from your bottom or vagina or you have unusual discharge from your vagina
- your diarrhoea does not go away after a few days

## When to go to the emergency department (ED)

Go to [your nearest ED](#) if:

- your stomach ache came on very suddenly or is severe
- it hurts when you touch your stomach
- you're vomiting blood or your vomit looks like ground coffee
- your poo is bloody or black, sticky and extremely smelly
- you cannot pee
- you cannot poo or fart
- you cannot breathe
- you have chest pain
- you're diabetic and vomiting

If you see someone collapse with a stomach ache, call 112 or 999, or take them to the nearest ED.

## Other causes of stomach ache

Do not self-diagnose, talk to your GP if you're worried about your stomach ache.

Stomach ache could also be caused by:

- [period pain](#) - pain and cramps when you have your period
- [appendicitis](#) - sudden pain in the centre or lower right-hand side of your tummy
- [irritable bowel syndrome \(IBS\)](#) - continuing cramps, bloating, diarrhoea or constipation
- [kidney stones](#) - bad continuing pain that can go down to your groin, nausea or pain when peeing
- [gallstones](#) - severe pain that lasts for hours in the centre of your tummy or just under the ribs on the right-hand side

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Content supplied by the [NHS](#) and adapted for Ireland by the HSE

# Sláintecare.

Page last reviewed: 8 May 2021

Next review due: 8 May 2024

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