

Daktari Prescription

Abdominal pain

Home Care

If you have mild abdominal pain, the following tips might be helpful:

- Sip [water](#) or other clear fluids.
- Avoid solid food for the first few hours.
- If you have been vomiting, wait 6 hours, and then eat small amounts of mild foods such as rice, applesauce, or crackers. Avoid dairy products.
- If the pain is high up in your abdomen and occurs after meals, antacids may help, especially if you feel heartburn or indigestion. Avoid citrus, high-fat foods, fried or greasy foods, tomato products, [caffeine](#), alcohol, and carbonated beverages.
- Avoid [aspirin](#), [ibuprofen](#) or other anti-inflammatory medications, and narcotic pain medications unless your health care provider prescribes them. If you know that your pain is not related to your liver, you can try [acetaminophen](#) ([Tylenol](#)).

When to Contact a Health Professional

Seek immediate medical help or call your local emergency number (such as 911) if you:

- Are currently being treated for cancer
- Are unable to pass stool, especially if you are also vomiting
- Are vomiting blood or have blood in your stool (especially if maroon or dark, tarry black)
- Have chest, neck, or shoulder pain
- Have sudden, sharp abdominal pain
- Have pain in, or between, your shoulder blades with nausea
- Have tenderness in your belly, or your belly is rigid and hard to the touch
- Are pregnant or could be pregnant
- Had a recent injury to your abdomen
- Have difficulty breathing

Call your doctor if you have:

- Abdominal discomfort that lasts 1 week or longer
- Abdominal pain that does not improve in 24 - 48 hours, or becomes more severe and frequent and occurs with nausea and vomiting
- Bloating that persists for more than 2 days
- Burning sensation when you urinate or frequent urination
- Diarrhea for more than 5 days
- Fever (over 100.4°F for adults or 100.4°F for children) with your pain
- Prolonged poor appetite

- Prolonged vaginal bleeding
- Unexplained weight loss

Your health care provider will perform a physical exam and ask questions about your symptoms and medical history. Your specific symptoms, the location of pain and when it occurs will help your health care provider diagnosis the cause.

You may be asked the following questions:

- Where do you feel the pain?
- Is the pain all over or in a specific location?
- Does the pain move into your back, groin, or down your legs?
- Is the pain severe, sharp, or cramping?
- Do you have it all the time or does it come and go?
- Does the pain wake you up at night?
- Have you had similar pain in the past? How long has each episode lasted?
- When does the pain occur? For example, after meals or during menstruation?
- What makes the pain worse? For example, eating, stress, or lying down?
- What makes the pain better? For example, drinking milk, having a bowel movement, or taking an antacid?
- What medications are you taking?
- Have you had a recent injury?
- Are you pregnant?
- What other symptoms do you have?

Tests that may be done include:

- Barium enema
- Blood, urine, and stool tests
- [CT scan](#)
- [Colonoscopy](#) or [sigmoidoscopy](#)
- EKG (electrocardiogram) or heart tracing
- [Ultrasound of the abdomen](#)
- Upper GI and small bowel series
- [X-rays of the abdomen](#)

From Dr.semakula kraiba