



Patient Education:

# Recurrent Abdominal Pain, Pediatric

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# Recurrent Abdominal Pain, Pediatric

Recurrent abdominal pain (RAP) causes repeated belly (*abdominal*) pain that comes and goes for more than 3 months without a known reason. RAP is common in children. RAP usually goes away with age.



## HOME CARE

- Respond to your child in the same way each time that he or she has abdominal pain. Ask your child's teachers or caregivers to do the same.
- Try not to make lifestyle changes because of your child's abdominal pain. Have your child go to school or stay at school during an episode when possible.
- Try to distract your child from his or her pain, such as with books, activities, or toys.
- Try to find out if something is causing more stress for your child. Some things that can cause stress include teasing and bullying.
- Keep a diary about your child's pain. Include:
  - When the pain comes.
  - Where it is located.
  - How long it lasts.
  - What helps the pain.
  - Whether the pain occurs before or after meals.
  - Any foods that may be related with the pain.
- Watch your child's pain for any changes.
- Give medicines only as told by your child's doctor.
- Make changes to your child's diet if your child's doctor recommends it.
- Keep all follow-up visits as told by your child's doctor. This is important.

## GET HELP IF:

- Your child's pain gets worse.
- Your child's pain episodes happen more often than before.
- Your child wakes up at night because of pain.
- Your child feels pain while eating.
- Your child has:
  - Heartburn.
  - Watery poop (*diarrhea*).
  - A fever.
- Your child is not able to poop (*constipated*).
- Your child feels sick to his or her stomach (*nauseous*).
- Your child loses weight.
- Your child throws up (*vomits*) repeatedly.

- Your child burps a lot.
- Your child looks pale, tired, or confused during or after pain episodes.
- Your child has pain while peeing (*urinating*) or urinates often.
- Your child has red or black stools.

## **GET HELP RIGHT AWAY IF:**

- Your child vomits blood or material that is black or looks like coffee grounds.
- Your child's abdomen is swollen or bloated.
- Your child has pain and tenderness in one part of the abdomen.
- Your child who is younger than 3 months old has a temperature of 100°F (38°C) or higher.
- Your child who is older than 3 months old has a fever and lasting symptoms.
- Your child who is older than 3 months old has a fever and symptoms that suddenly get worse.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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