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## **PATIENT INFORMATION - ABDOMINAL PAIN**

Abdominal pain is a common problem and can be caused by many reasons. This can make diagnosing the cause of the problem difficult. Most of the time it is not caused by a serious medical problem.

We recommend that you contact your GP as soon as possible as they may want to arrange further tests for you. Sometimes you may need to make changes to your diet.

Further to your examination today, we do not feel that you need to come into hospital. We would expect the pain to improve in a few days time.

To help yourself you should drink plenty of water and avoid alcohol, heavy meals and fatty foods as they may make you feel sick.

Contact your GP immediately if your symptoms do not improve or if they change or worsen in any way.

### **Further Advice/Instructions**

Please use this section to give the patient specific information e.g. follow up appointments or after care advice.

## **ABDOMINAL PAIN CONT.**

If you become unwell or are injured, choose the right NHS service to make sure you get the best treatment. The Choose Well campaign explains what each NHS service does, and when it should be used.

Choosing well means that you and your family will get the best treatment. It also allows busy NHS services to help the people who need them most.

If you are unsure about which option to choose, please call NHS Direct Wales on 0845 46 47 or visit the Choose Well website at [www.choosewellwales.org.uk](http://www.choosewellwales.org.uk)

This information has been produced based on previous information leaflets and the evidence available at the time of publication. It has been clinically reviewed however if you notice anything that needs updating or amending please contact [ppi.team@wales.nhs.uk](mailto:ppi.team@wales.nhs.uk)

If you require this information in another language or format please ask a member of staff.

For further advice or information contact NHS Direct Wales 0845 46 47  
[www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)