

# Abdominal pain



**Easy Read**

## About this information



This information is about **abdominal pain**.



**Abdominal pain** is a pain in the area between the bottom of your ribs and your hips.



If you have very bad abdominal pain you should

- Go to the hospital

or

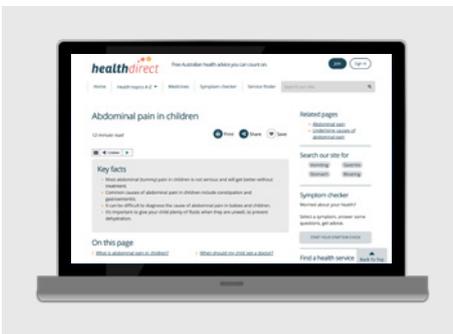
- Call **000** for an ambulance.



This information is for for people 12 years and older.

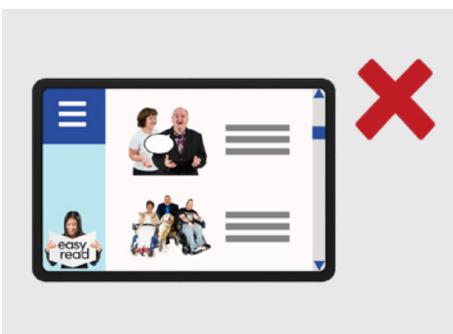


We have other information for children under 12 years old.



To read that information you can go to the website at

**[www.healthdirect.gov.au/abdominal-pain-in-children](http://www.healthdirect.gov.au/abdominal-pain-in-children)**



This website is not Easy Read.

# What is abdominal pain



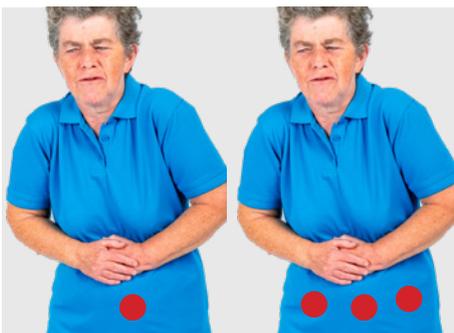
Abdominal pain is a pain in the area between the bottom of your ribs and your hips.



Sometimes abdominal pain gets better on its own.



But sometimes it can be something serious.



The pain can be in 1 area or move to other areas.



The pain might come and go.



Or it might be there all the time.



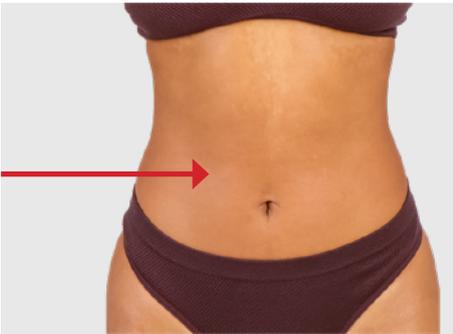
Abdominal pain can feel

- Sharp
- Like a burning pain
- Like twisting
- Like a cramp.

## Why does it happen



Abdominal pain can come from different parts of your body.



This might be like your gut or **bowel**.



**Bowel** means the part of your body that makes poo.



Sometimes you can get abdominal pain from a medicine you take.

# How your doctor checks abdominal pain



Your doctor will ask you about the pain you have.



Your doctor will check if you had any health issues in the past.



Your doctor might ask if you are taking any medicines.

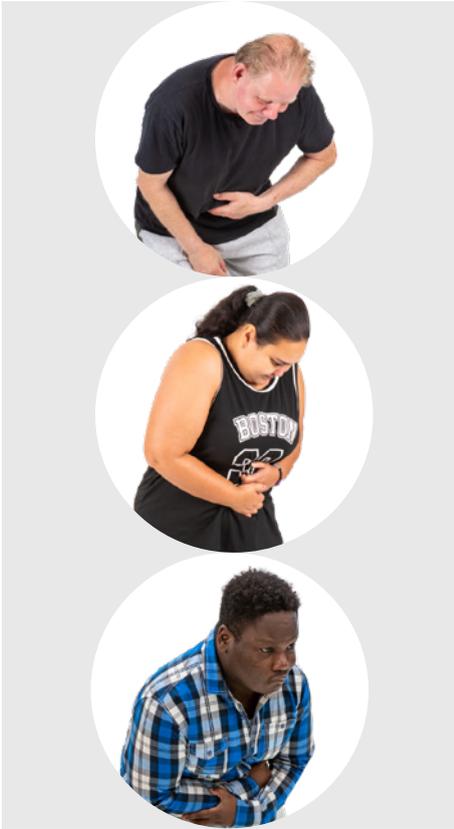


Your doctor will check your body.



They might do things like feel the area where it hurts.

# When to see your doctor



You should see your doctor if your pain

- Gets worse
- Does not go away
- Keeps coming back.

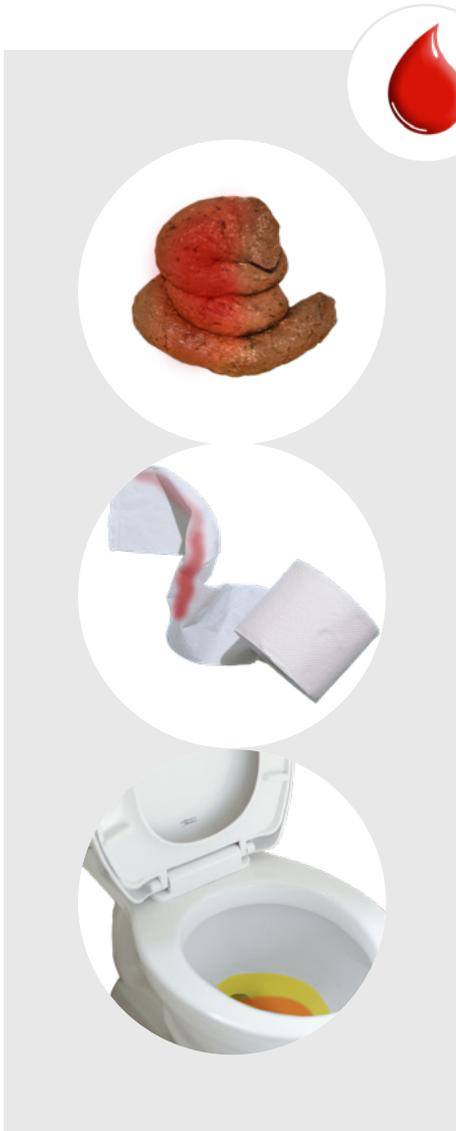


If you are pregnant and have abdominal pain you should see your doctor or **midwife**.



A **midwife** is a health worker who supports you when you are pregnant or give birth.

## When you need a doctor right away



You should see a doctor right away if you have abdominal pain **and** there is blood

- In your poo
- When you wipe your bottom
- In your wee.



You should see a doctor right away if you are vomiting a lot.



You should see a doctor right away if you can **not**

- Poo

- Wee

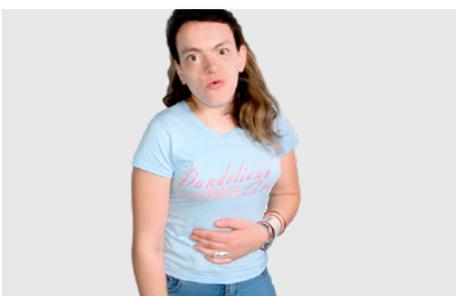
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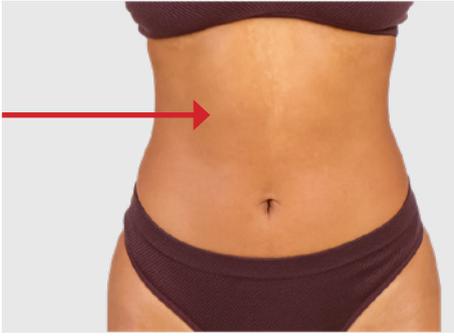
You should also see a doctor when you have a fever of **38 degrees** or more.



You should go to a doctor if your tummy is **bloated**.



**Bloated** means your tummy feels very full and tight.



You could also get a pain in the top part of your tummy.



If this pain gets worse when you move a lot it could be angina or a heart attack.

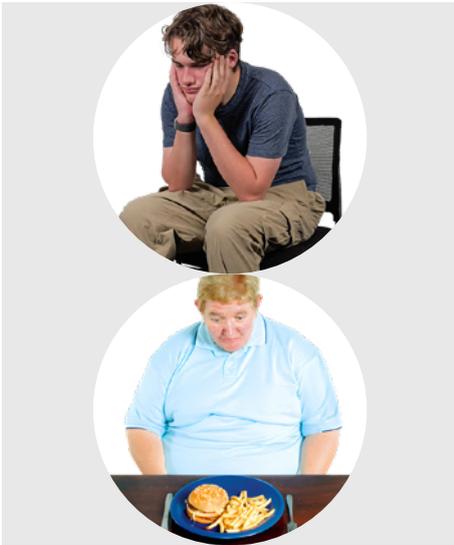


**Angina** is a chest pain because your heart does not get enough blood.



If you think it is a heart attack you should call **000** right away.

# How to care for abdominal pain



You can look after your abdominal pain yourself if

- It is not very bad
- You know what makes it happen like something you ate.



It is good to drink lots of water.



You should not drink things like coffee and alcohol.



You should also not eat any food that is very fatty or spicy.



You can also use a hot water bottle or heat pack on your tummy.



Sometimes it might help to lie down and not move.



Sometimes you might feel better when you move around a little.



You can take some medicines for the pain like **paracetamol**.



You can check with your doctor or the **pharmacy** what is OK for you to take.



A **pharmacy** is a shop where you can buy medicines.



You should not take other medicines for tummy pain like **aspirin** and **ibuprofen**.



But you can take these medicines if you know the pain is **period pain**.



**Period pain** is when your tummy hurts when you have your period.

## More information

The logo for healthdirect, with "health" in dark blue and "direct" in red, with two small orange circles above the "i" in "direct".

**healthdirect**

You can contact healthdirect for health support on **1800 022 222**.



You will speak with a nurse when you call them.



You can call us any day at any time.

The logo for Nurse-on-Call, featuring the text "NURSE-ON-CALL" in blue, with a red hand icon in the middle of "ON".

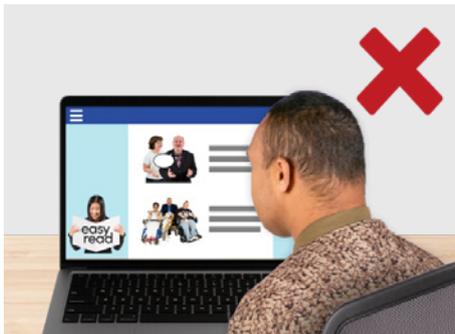
**NURSE-ON-CALL**



Healthdirect is called **Nurse on Call** in Victoria.

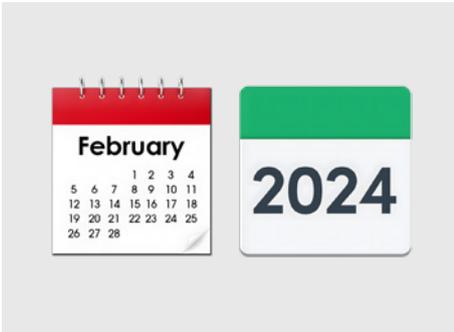


This information came from our website at  
[www.healthdirect.gov.au/abdominal-pain](http://www.healthdirect.gov.au/abdominal-pain)



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# About this Easy Read



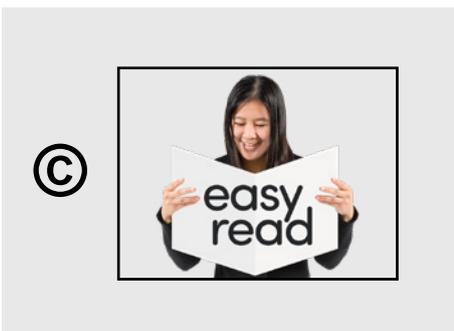
The information in this sheet was last checked in **February 2024**.



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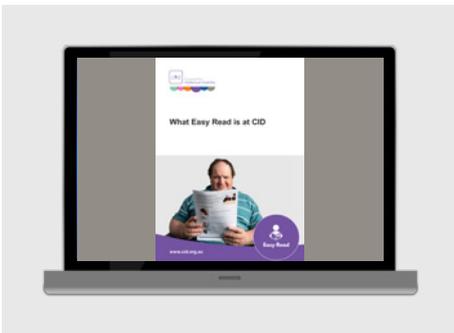
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