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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

General Abdominal Pain in Adult Information Sheet- SAU/SDEC

Advice for patients and Family/Carers

Department of General Surgery

Abdominal pain is a common cause for people to come to the Surgical Assessment Unit (SAU) or Same Day Emergency Care (SDEC) in hospital. Your doctor will look for serious health issues that might need you to stay in the hospital during your visit. Up to 65% of cases, studies suggest that the underlying reason for abdominal pain may remain unknown. Nevertheless, you should consult a doctor for more treatment if your symptoms get worse.

Take the prescribed medication as directed by the medical team on discharge, such as taking paracetamol, other painkillers or antibiotics. Consume plenty of fluids, small frequent easily digestible foods such as liquid or soft diet and avoiding foods that are hard to digest and potentially irritating to the stomach and intestines such as high-fat foods, strong cheeses, and whole grains until the pain subsides.

You may return within 48 hours as SAU/SDEC provides access for 48 hours in the event of worsening symptoms. After this time, if your pain persists or gets worse after a few days, you should consult your general practitioner (GP) or attend emergency department (A&E) of nearby hospital.



The worsening symptoms are:

- Feel severe abdominal pain.
- Experience pain that radiates to your back/shoulder.
- Associate with fever or chills, vomiting or blood in your stool.
- Significantly heavier vaginal bleeding than usual.
- Any episodes of fainting or collapsing.
- Unable to pass urine.
- Bowels not opened for few days or not passing flatus.

Contact **SAU-01633 493341** or **SDEC-01633 493680** if you need more support or any concerns.

**This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg**