

ABDOMEN PAIN

You have been diagnosed with abdomen pain of unclear origin. It is important that you follow up as directed. We feel that you are safe to be home and continue with the treatment prescribed, but it is important that you follow up as directed and call us or go to the hospital if you cannot reach us and you are getting worse or not improving in the next 24 hours.

Symptoms associated with pain in your abdomen that should be reported to a physician immediately are:

Worsening of your pain.

Bleeding from the GI tract (e.g., blood in the stool or spitting up blood)

Bloating (abdominal tenderness and swelling [distention])

Fever

Inability to have a bowel movement

Loss of appetite

Pain that spreads (radiates) to the chest, neck, or shoulders

Painful urination, difficulty urinating

Vomiting

Trouble breathing or difficulty with another part of your body that may have nothing to do with your abdomen (for example a rash, chest pain, etc.)

Abdominal pain during pregnancy or following childbirth also should be reported to a physician.

When you have abdomen pain you should eat lightly. You should start with small sips of clear liquids, such as apple juice, gatorade or sports drinks mixed half and half with water, pedialyte, coke mixed with pepsi (coke has potassium and pepsi has sodium). The best is gatorade mixed half and half with water. Drink small amounts, like 1/4 cup every 5 minutes. If you vomit, wait an hour and try smaller amounts

For nausea you can use medications that we prescribed, or Ginger Capsules available at FirstCare. If you develop new symptoms, such as high fever, pain, worsening weakness, unable to stand due to dizziness, dark urine, blood in vomit or diarrhea, or cannot keep down clear liquids, call your physician or FirstCare.

RETURN TO FIRSTCARE, GO TO AN EMERGENCY DEPARTMENT, OR SEE YOUR OWN PHYSICIAN IF YOUR CONDITION WORSENS, IF NOT IMPROVED WITH PRESCRIBED TREATMENT, OR NOT IMPROVED IN 48 HOURS. FOLLOW UP WITH YOUR PRIMARY PHYSICIAN OR FIRSTCARE WITHIN 5-7 DAYS.

FirstCare offers Family Practice, Pediatric and Gynecologic care, as well as specialist care in the areas of Cosmetic Dermatology, Physical Therapy and Digestive Diseases. We also provide school, sports, work and DOT physical examinations, vaccinations such as flu and tetanus, x-rays and skin surgery.

FirstCare Medical Center has the UltraSlim body contouring system for instant fat reduction. Ask us about this revolutionary device.

Please visit FirstCareMedCenter.com to fill in our PATIENT SATISFACTION SURVEY and be entered to win a \$50.00 Essence MediSpa gift certificate. The link to the survey is on the left side of the homepage at the bottom of the links menu.

THANK YOU FOR ALLOWING US THE PRIVILEGE OF PARTICIPATING IN YOUR CARE. IF THERE IS ANYTHING ELSE WE CAN DO FOR YOU OR ANY WAY WE CAN IMPROVE, PLEASE LET US KNOW.