



What to do if your stomach hurts...

Abdominal pain is pain and discomfort that occurs in your abdomen. Your abdomen is the section of your torso between your chest and your pelvis. Other terms used to describe abdominal pain are stomachache, tummy ache, gut ache and belly ache.

Everyone experiences abdominal pain from time to time. Abdominal pain can be mild or severe, and it may be continuous or come and go. Abdominal pain can be short-lived (acute) or occur over weeks and months (chronic). Abdominal pain has many potential causes. Many causes aren't serious, such as gas pains or a pulled muscle.

Seek immediate medical attention if you experience:

- Pain is so severe that you can't sit still or need to curl into a ball to find relief
- Pain is accompanied by bloody stools, persistent nausea and vomiting, skin that appears yellow, severe tenderness when you touch your abdomen or swelling of the abdomen
- Fever
- Trauma, such as an accident or injury
- Pressure or pain in your chest

Schedule a visit to Student Health Services:

Make an appointment if your abdominal pain worries you or lasts more than a few days. Give us a call at 215-572-2966.

In the meantime, find ways to ease your pain. For instance, eat smaller meals if your pain is accompanied by indigestion. Try a BRAT diet (Bananas, rice, applesauce, toast) or mint tea. Pepto Bismol to ease your stomach and relieve gas related pain. Avoid taking over-the-counter pain relievers such as aspirin or ibuprofen (Advil, Motrin, others) because these can cause stomach irritation that may worsen abdominal pain.

For more information, visit the Mayo clinic website at: <http://www.mayoclinic.com/health/abdominal-pain/MY00390>