SYMPTOMATIC MANAGEMENT GUIDELINES FOR NON-HEALTH STAFF

**ABDOMINAL PAIN**

Authorized non-health staff may manage abdominal pain as follows:

1. Abdominal pain that is sudden and severe, or associated with fever > 101oF, vomiting blood, or passing blood in the bowel requires urgent evaluation by a clinician.
2. Students with abdominal pain should generally avoid solid food, but may take small amounts of clear fluids.
3. Do **not** offer the student treatment with acetaminophen or ibuprofen for abdominal pain.
4. For mild abdominal pain caused by indigestion, offer the student an antacid such as TUMS-EX 500 mg, 2 tablets four times a day, **or** Maalox liquid, 3 teaspoons four times a day – taken between meals and at bedtime.
5. For mild abdominal pain caused by constipation, offer the student a single dose of milk of magnesia, 2 tablespoons (30 cc or one ounce). Encourage fluid intake.
6. For mild abdominal cramps caused by diarrhea, offer the student loperamide caplets (Imodium AD), 2 caplets initially, then 1 caplet with each subsequent loose stool, not to exceed 4 caplets in 24 hours. Take caplets with 8 ounces of water.
7. For abdominal cramps associated with menstrual bleeding, refer to the Symptomatic Management Guidelines for Menstrual Cramps.
8. All students with abdominal pain should be referred for follow-up at the health and wellness center.

# WHEN TO CONTACT THE ON-CALL HEALTH AND WELLNESS STAFF

* If the student experiences abdominal pain that is sudden and severe, or associated with fever > 101oF, persistent vomiting, vomiting of blood, or passing blood in the bowel movement