

Ask About

- The nature of pain
- Duration (more than 3 months)
- Diet
- Constipation
- Stressors at home or school
- Associated symptoms such as rashes, fever

Are **Red Flags** present?

NO

Consider coeliac screen

Is there change in bowel habit/ associated dermatitis herpetiformis/FHx of autoimmune conditions or Coeliac disease/exacerbation of symptoms with gluten

Measure

- Total IgA and anti TTG antibodies

NB : must be on diet with gluten for >3 months

Negative

Positive

Functional Abdominal Pain

This is a diagnosis of exclusion

Explore stressors
Reassure family

Consider treatment with:

- Simple Analgesia
 - Lactobacillus (Reference 1)
 - Peppermint oil –not licenced <15years -Peppermint tea is alternative in younger age
- Or trial :
- Hyoscine butylbromine ("buscopan" – not licenced <6years restricted evidence base)
 - Mebeverine (NB not licenced <10years, restricted evidence base)

Red Flags

- Faltering growth or weight loss
- Haemetemesis
- Blood or mucus mixed in with stool
- Chronic severe diarrhoea or vomiting
- Unexplained fever for more than 14 days
- Family History of Inflammatory bowel disease
- Abnormal clinical examination: pubertal delay, anal fissure, organomegaly, extra intestinal manifestation or jaundice
- Urinary symptoms/back/flank pain

YES

Consider the following:

- Blood tests: FBC, U+E, LFT,, CRP, ESR, Coeliac Screen
- Stool Sample for OCP, MC+S, H.Pylori
- Urinalysis if urinary symptoms
- US Abdo if there is RUQ/ RLQ pain, jaundice, urinary symptoms, back / flank pain, faltering growth or abnormal examination
- Refer to general paediatrics if diagnostic uncertainty or abnormal investigations :

KCH : via Choose and Book

Evelina : Letter FAO General Paediatrics by :

- **Post** : Sky Level 6, Evelina London Children's Hospital
- **Fax**: 020 7188 4612, or Tel: 020 7188 4683 for queries
- **Email**: general.paediatrics@nhs.net

Refer to paediatric gastroenterology if red flags and pain > 3m

If positive refer to **Paediatric gastroenterology.**

KCH : via Choose and Book

Evelina : Letter FAO Dr **Mutalib**

Post :Children's gastroenterology & nutrition, Sky Level 6, Evelina London Children's Hospital **Fax**: 020 7188 4612, or **Tel**: 020 7188

Top tips

- ❖ This is a common problem, 13% of normal children have abdominal pain
- ❖ 2 age peaks ; 4-6years and 7-12 years
- ❖ Don't forget to inspect the anus
- ❖ Think about whether it is due to undiagnosed constipation. Remember diarrhoea may be secondary to overflow
- ❖ Consider the important role of stressors
- ❖ Remember that there is a link with long-term abdominal pain and sexual abuse

For same/next day Paediatric advice from Paediatric consultant:

- **Evelina** : **Phone** : 07557 159092 (11am-7pm Mon-Fri) **Email**: general.paediatrics@nhs.net (answer within 24hrs on weekdays)
- **KCH** : **Phone**: 02032996613 (option 3), (8.30am – midnight weekdays, 8 30am - 8pm weekend) **Email** :via Choose and Book for a response within 24 hrs Mon-Fri.