

# Bowel Obstruction Pain Pattern Checklist

Use this short checklist when abdominal pain, bloating, vomiting, or trouble passing gas starts feeling less routine.

## Write down

- When the pain started
- Whether the pain comes in waves or stays constant
- Whether vomiting is happening
- Whether the abdomen looks or feels more distended than usual
- Whether gas or stool has stopped moving
- Whether you have had prior abdominal surgery, a hernia, cancer, or opioid use

## Take the situation more seriously if

- pain is severe and steady
- cramping waves are intensifying instead of settling
- vomiting keeps happening
- you cannot pass gas
- the abdomen is increasingly swollen
- tenderness, fever, weakness, or abrupt worsening enters the picture

## Bring or tell a clinician

- the timeline of pain, vomiting, stool, and gas changes
- recent surgeries, hospital stays, or severe illness
- medicines that may slow motility
- any prior bowel obstruction, hernia, or abdominal cancer history

## Reminder

Pain patterns can help describe the problem, but they do not identify the exact cause at home. Suspected obstruction-like symptoms need medical evaluation.