

# Obstruction-Like Symptom Escalation Checklist

Use this one-page checklist to summarize symptoms before urgent care, an emergency visit, or a call to a clinician. It is not a diagnosis tool and should not delay emergency care when symptoms are severe or worsening.

## Core Symptom Cluster

Check what is happening now:

- Severe abdominal pain or cramping
- Pain that is worsening or not going away
- Repeated vomiting
- Abdomen looks or feels swollen or distended
- Cannot pass gas
- Cannot pass stool when that is unusual for you
- Fever, bleeding, unexplained weight loss, or severe weakness

## Timing Notes

Question	Notes
When did pain or swelling start?	
Is pain wave-like, constant, or changing?	
When did vomiting start?	
Last bowel movement	
Last time you passed gas	
What feels clearly different from your usual pattern?	

## Risk Clues To Mention Early

- Prior abdominal or pelvic surgery
- Known hernia
- Cancer history or active cancer workup
- Inflammatory bowel disease
- Recent severe illness, hospitalization, or surgery
- Opioids or medicines that slow bowel movement
- Prior bowel obstruction or pseudo-obstruction

## What Not To Lead With

If severe pain, repeated vomiting, swelling, and inability to pass gas or stool are clustering together, do not make the first plan:

- more fiber
- a cleanse
- a new supplement

- more food restriction
- waiting many days to see if it passes

The first step is medical sorting.