

Abdominal Pain Visit Notes

Bring this note to a clinician if abdominal pain is new, severe, worsening, or paired with symptoms that concern you.

Pain Story

- Exact location:
- Start date and time:
- Sudden or gradual:
- Constant or comes in waves:
- What makes it worse:
- What makes it better:
- Has the pain moved:

Digestive Symptoms

- Nausea:
- Vomiting:
- Bloating or distension:
- Last bowel movement:
- Able to pass gas:
- Diarrhea:
- Constipation:
- Blood or black stool:

Other Clues

- Fever or chills:
- Urinary burning, urgency, or blood:
- Pelvic pain, abnormal bleeding, or pregnancy possibility:
- Dizziness, fainting, chest, neck, or shoulder pain:
- Prior abdominal surgery, hernia, IBD, cancer, or bowel obstruction:

Questions to Ask

1. Does this pattern need urgent evaluation today?
2. Are obstruction-like symptoms part of the concern?
3. Are there non-gut causes that should be checked?
4. What symptoms should make me seek emergency care after this visit?