

Obstruction-Like Pain Route Checklist

Use this page to summarize symptoms before calling a clinician, urgent care, or emergency service. It does not diagnose bowel obstruction.

Start Here

- Pain began: _____
- Pain location: _____
- Pain pattern: steady / wave-like / crampy / sharp / pressure / moving
- Pain severity from 0 to 10: _____
- Getting better, worse, or unchanged: _____

Warning-Sign Cluster

Check anything present now:

- Severe or steadily worsening abdominal pain
- Repeated vomiting
- Abdomen is swollen, tender, or increasingly distended
- Cannot pass gas
- Cannot pass stool when that is unusual for you
- Fever or chills
- Black or bloody stool
- Blood in urine
- Dizziness, fainting, shortness of breath, chest, neck, or shoulder pain
- Possible pregnancy with one-sided pelvic or abdominal pain

If several warning signs are present, do not treat the problem as a food question first.

Which Route Fits Best?

- Obstruction-like cluster: pain plus vomiting, distension, constipation, or inability to pass gas
- Lower-left location question: pain is mainly lower-left but without the obstruction-like cluster
- Routine constipation or IBS pattern: familiar, milder, bowel-linked, and not worsening
- Unclear or new pattern: call for medical guidance

Notes to Bring

- Prior abdominal or pelvic surgery:
- Hernias:
- Cancer history:
- Inflammatory bowel disease:
- Recent medication changes:
- Recent infection, travel, or unusual meals: