# Recurrent Abdominal Pain Syndrome In Children

Recurrent abdominal pain (RAP) syndrome is a common cause of repeated belly (*abdominal*) pain in otherwise healthy children. Most children with RAP get better with time.

**HOME CARE**

- Your child's caregiver may suggest writing down:
  - When the pain comes.
  - How long it lasts.
  - What helps.
  - Where the pain is located.
- Your child should go to, or stay in school, even if the pain is present.
- Only take medicine as directed by your doctor.
- If the pain is bad, try counseling or relaxation therapy.
- Try distracting your child with toys, books, or games.
- Gently rub your child's belly.
- Checking with your child or the school for stresses such as teasing or bullying.

**FINDING OUT THE RESULTS OF YOUR TEST**

Ask your doctor when your test results will be ready. Make sure you follow up and get your test results.

GET HELP IF:

- The pain gets worse or happens more often.
- The pain is located in one place (other than the belly button).
- The pain wakes your child up at night.
- The pain comes with eating.
- Your child gets heartburn.
- Your child has a temperature by mouth above 102° F (38.9° C).
- Your child loses weight.
- Your child gets watery poop (*diarrhea*) or cannot poop (*constipated*).
- Pain is relieved by pooping.
- Your child feels sick to his or her stomach (*nauseous*) or throws up (*vomits*).
- Your child keeps burping.
- Your child looks pale, tired, or disoriented during or after the pain.
- Your child is peeing (*urinating*) a lot or has pain when peeing.
- There is blood in your child's poop (red, dark red, or black poop).

**GET HELP RIGHT AWAY IF YOUR CHILD:**

- Throws up red blood or material that looks like coffee grounds.
- Has a puffy (*swollen*) belly or is bloated.
- Has pain and tenderness in one part of the belly.

**MAKE SURE YOU:**

- Understand these instructions.

- Will watch your condition.
- Will get help right away if your child is not doing well or get worse.

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