



 Please call 911 if you think you have a medical emergency.

## Abdominal Pain in Adults Treatment

### Self-Care at Home

Abdominal pain without fever, vomiting, vaginal bleeding, passing out, chest pain, or other serious symptoms often gets better without special treatment.

- If the pain persists or if the patient believes the pain may represent a serious problem, they should see their healthcare provider.
- A heating pad or soaking in a tub of warm water may ease the patient's pain.
- Over-the-counter antacids, such as Tums, Maalox, or Pepto-Bismol, also can reduce some types of abdominal pain. Activated charcoal capsules also may help.
- Acetaminophen (common brand names are Arthritis Foundation Pain Reliever, Aspirin Free Anacin, Panadol, Liquiprin, Tylenol) may help. Try to avoid aspirin or ibuprofen (common brand names are Advil, Motrin, Midol, Nuprin, Pamprin IB). These drugs can make some types of stomach ache worse.

### Medical Treatment

The patient's treatment will depend on what the doctor thinks is causing the abdominal pain.

The patient may be given IV fluids. The healthcare provider may ask the patient not to eat or drink anything until the cause of the pain is known. This is done to avoid worsening certain medical conditions (for example adding food to the stomach if there is a ruptured ulcer) or to prepare the patient in case they need to go to the operating room (an empty stomach is better when general anesthesia is needed).

The patient may be given pain medication.

- For pain caused by bowel spasm, they may be given a shot in the hip, arm, or leg.
- If the patient is not throwing up, they may receive a drink that has antacid in it or pain medication.

- Although the patient's pain may not go away completely, they have the right to be comfortable and should ask for pain medicine until they are made comfortable.

### more information from eMedicineHealth

- [When to Seek Medical Care](#)
- [Exams and Tests](#)
- [Next Steps](#)
- [Prevention](#)
- [Outlook](#)

For more information, read the complete article, Abdominal Pain in Adults (<http://www.emedicinehealth.com/script/main/art.asp?articlekey=58648>) on <http://www.emedicinehealth.com>.

WebMD Medical Reference from eMedicineHealth

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Last updated: September 26, 2007

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