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PATIENT & CAREGIVER EDUCATION

# **Urgent Care Center and Symptom Care Clinic Nursing Discharge Instructions: Abdominal Pain**

This information explains nursing discharge instructions for abdominal pain from the Urgent Care Center (UCC) or the Symptom Care Clinic (SCC).

## **Abdominal Pain**

Certain foods may make your abdominal (belly) pain worse. If you are not sure what foods to eat, talk with your healthcare team about what kind of diet is right for you.

You may want to keep a diary of bowel movements (poop). Include the color, how hard or soft they are, and how often you have them. You can also write down other symptoms you may have such as nausea (feeling like you're going to throw up), vomiting (throwing up), diarrhea (loose or watery poop), and constipation (difficulty pooping).

Call your MSK healthcare team or visit the nearest emergency room if you have signs of infection, such as:

- A fever of 100.4°F (38°C) or higher
- Shaking chills
- Sweats

Call your MSK healthcare team if you:

- Have new or worsening nausea or vomiting that does not get better when you take a medication to help with nausea
- Have new or worsening abdominal (belly) pain
- You are unable to pass gas or have a bowel movement

Your care team may direct you to your regional Symptom Care Clinic (SCC) or the Urgent Care Center (UCC).

Follow up with your MSK healthcare team after discharge.

You can search for information on this topic and many others in MSK's Patient and Caregiver Education library at [www.mskcc.org/pe](http://www.mskcc.org/pe)

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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