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ABDOMINAL PAIN LOG

Instructions: Begin a notebook and record your answers to the following questions each time you have abdominal pain.

1. Day and time you notice the abdominal pain.
2. What you were doing when you got the abdominal pain?
3. Where on your abdomen does it hurt?
4. Description of the abdominal pain. (sharp, dull, throbbing, cramping, etc.)
5. How long did the abdominal pain last?
6. How often do you have a bowel movement? Does it affect the abdominal pain?
7. What makes your abdominal pain better? (rest, eating, etc.)
8. What makes your abdominal pain worse? (activity, eating, etc.)
9. Did any medicine you took for your abdominal pain help it? (aspirin, Tylenol, etc.)
10. What did you eat prior to the onset of your pain? (greasy or spicy foods, dairy products, etc.)
11. When you have abdominal pain, do you have any other problems? (nausea, vomiting, weakness, dizziness, etc.)