

## Checklist for Abdominal Pain

The student asks the following questions:

- Where is the pain located?
- How long have you had the pain?
- What is the frequency, quality, severity, and duration of the pain?
- Does it radiate to anywhere else?
- What aggravates or alleviates the abdominal pain?
- Is there any associated symptoms such as diarrhea, constipation, nausea/vomiting, bloody stool, ...?
- Does defecation relieve the abdominal discomfort?  
*Note: tenesmus is the feeling of incomplete emptying and may indicate an inflammatory or infectious cause or carcinoma.*
- Is there a relationship of pain to change in stool consistency and frequency?
- Do you have mucus in your stool?
- Do you have blood in your stool, weight loss or are you awakened at night from pain or diarrhea?  
*Note: weight loss may occur in malabsorption, inflammation, cancer, & hyperthyroidism*  
*Note: These questions, if answered affirmatively, indicate a potential diagnosis of inflammatory bowel disease.*
- Do you have bloating, belching, or a sense of fullness?
- What is your usual diet and eating pattern?  
*Note: milk may cause lactase deficiency; soft drinks may cause sucrose intolerance.*
- Is there any relationship of stress to your symptoms?
  
- (If a female) When was your last menstrual period? Describe the frequency, amount of flow, and any difficulties you experience during menstruation.
- What medications or other treatments have you used to alleviate symptoms and what was their effectiveness?
- Are you using laxatives? (laxative abuse)

What medications, herbal products, vitamins, recreational drugs, caffeine, and alcohol are you using? (determine type, amount, and frequency)