

腹痛

腹痛的認識

- 腹痛本身只是一種病徵。可以引致腹痛的原因有很多，當中大部份源於消化系統疾病，其餘的可由泌尿系統、生殖系統以及血液循環系的疾病引發。
- 由於一些病因的早期徵狀並不明顯，可能需要進一步檢查及覆檢才能作出正確診斷。

家居護理須知

- 按醫生的指示依時服藥。
- 當胃口好轉時，先嘗試喝流質飲料。若沒有引發腹痛或是嘔吐，可轉吃稀飯，然後回復正常飯餐。
- 如遇以下情況，應該立即往急症部或醫生再診：
 - 腹痛持續 6 小時以上或加劇；
 - 腹痛以至無法步行；
 - 嘔吐 4 次或以上，甚至吐血；
 - 發燒達攝氏 38.5 度；
 - 腹部發脹；
 - 痛楚來自睪丸或陰囊，特別是兒童患者；
 - 陰部出血或懷孕

Abdominal Pain

Facts

- Abdominal pain is only a symptom. It can be caused by a variety of conditions. Most of them originate in the digestive system, while rest of them can be caused by diseases in urinary, reproductive and vascular system.
- Since signs and symptoms may not be obvious in the early stage of the underlying diseases causing the abdominal pain, further investigation and re-assessment may be required for accurate diagnosis.

After leaving A&E Department

- Take the medicine as instructed by doctor.
- As soon as you feel like eating, start with clear liquid. If that causes no further pain or vomiting, progress to soft diet and then normal diet.
- **Seek medical care if you have any of the following:**
 - ◆ Abdominal pain that lasts more than 6 hours or is getting worse.
 - ◆ Pain that worsens when the patient tries to move around.
 - ◆ Pain accompanied by vomiting more than 4 times or vomiting blood.
 - ◆ Pain accompanied by fever more than 38.5°C.
 - ◆ The abdomen becomes distended.
 - ◆ Pain that seems to come from the patient's testicles, esp. in children.
 - ◆ Pain with vaginal bleeding or pregnancy.

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