Memorial Sloan Kettering Cancer Center

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.
- 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)
- 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 has gotten worse nausea or vomiting that does not get better when you take medicine.
- Have new or has gotten worse abdominal 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

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 to search our virtual library.

Urgent Care Center and Symptom Care Clinic Nursing Discharge Instructions: Abdominal Pain - Last updated on September 3, 2025
All rights owned and reserved by Memorial Sloan Kettering Cancer Center