

Do I have appendicitis?

Early appendicitis can sometimes be quite difficult to diagnose. Every day many people present to the Emergency Department with abdominal pain, but only a few turn out to have appendicitis. You have been seen by a doctor who thinks it is unlikely that you have appendicitis, but it is not always possible to be 100% certain as your symptoms may change.

It is important to observe the following precautions for the next 24 hours:

- Rest—avoid physical activities or strenuous activities.
- Normal diet and fluid intake.
- Ensure there is someone around to keep an eye on you.
- Avoid travel, especially involving long travel times or travel to remote locations.
- It is advisable to take simple pain killers such as paracetamol (2 tablets (500mg each) 4 times daily).
- Please see your GP or return to the Emergency Department if any of the following occur:
 - Increased or continuing pain
 - Ongoing vomiting
 - High temperatures
 - Night sweats, shivers, or shakes
 - Your condition is not improving.

We expect that your symptoms will settle by themselves but it is important for you to observe the advice above and seek further help if you are concerned.

If you have any questions, please ask the doctors or nurses before you leave the hospital.

Instructions:

Seeking help:



In a medical emergency go to your nearest emergency department or call 000.



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Updated by ECI September 2017 — Also available at www.aci.health.nsw.gov.au/networks/eci
With thanks to Royal North Shore Hospital ED Discharge Information.