

PROBLEM/ CONDITION	SIGNS AND SYMPTOMS	TREATMENT	PREVENTION
Nausea/ Vomiting	Look for blood Dehydration Fever possible What was ingested last?	Position of comfort Clear fluids, sports drinks in small amounts at first, if tolerated for 12 hours, try simple foods Rest	Good hygiene
Constipation/ Fecal Impaction	Most common cause of abd pain Very individual dependent Lack of bowel movements (particularly >3 days for most people) Diffuse cramps and/or abdominal pain Urge to defecate	Hydration Early a.m. hot and cold fluids Caffeine, fruit Consider safe laxatives (Miralax) Impaction may require digital extraction Avoid: alcohol, cheese, chocolate, bananas (binding food)	Maintain hydration Monitor defecation frequency Maintain good defecation environment
Diarrhea	Frequent, watery stools; blood, pain, fever Look for dehydration Do others in group exhibit diarrhea? What was ingested and when?	Position of comfort Clear fluids and sports drinks for 24 hrs, then consider mild foods. (BRAT diet: Bananas, Rice, Applesauce, Toast) No dairy or caffeine Consider Imodium® or Lomotil™ if persistent and no fever.	Good hygiene Careful eating habits when in other countries Good food sharing practices Treat your water.
Appendicitis	Looks sick. Pain begins in the center of the abdomen, moves to RLQ, becomes more constant, more severe N/V Diarrhea, low-grade fever, rebound pain, S/S infection, lack of appetite is common, sudden decrease in pain could mean rupture Fetal position often assumed	Position of comfort Reduce activity Consider early evacuation	Elective surgery?
Kidney Stones	Often the worst pain ever Flank to anterior pain in abdomen (near kidney region to the groin) No pain with urination >2/3 are males, with a previous history	Position of comfort Fluids Treat dehydration	Hydration For some people diet
Bleeding	Melena (dark, digested blood in stools) Bloody vomit (looks like coffee grounds) Rigid abdomen sometimes seen	Position of comfort Clear liquids only Early evacuation	Clean food and water to prevent bacterial infections
Giardia	Bloating (7-21 days following exposure) Pain, diarrhea, cramps, sulfuric smell, and flatulence	Rest Consider antibiotics Hydrate	Treat your water Good camp hygiene
Urinary Tract Infection	Frequent, painful, and/or non-productive urination May have blood	Hydrate Consider antibiotics, vitamin C, cranberry juice	Good hygiene, diet, hydration
Ectopic Pregnancy	First trimester pregnancy Abdominal pain, vaginal bleeding Shock History of infections, surgeries, STDs	Position of comfort	