

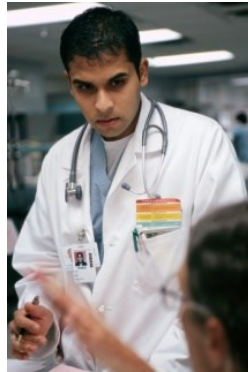
**IMPORTANT INFORMATION
for
SOONERCARE CHOICE
MEMBERS**

Your doctor will give you a phone number you can call 24 hrs. a day, 7 days a week.

Call that number before you go to the ER if you are experiencing an urgent matter.

CONTACT YOUR DOCTOR IMMEDIATELY IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

- You are vomiting blood.
- Pain is so bad that you can't sit still or need to curl into a ball to feel better.
- Severe pain with a high fever (102 degrees or higher) and chills.
- Severe pain with bloody stools, nausea and vomiting, skin that appears yellow, severe tenderness when you touch your abdomen or swelling of the abdomen.
- Not being able to pass stool, especially if you are vomiting.
- Abdominal pain that occurs during pregnancy.
- Pain that follows a recent (previous days) injury to the abdomen.
- Pain and difficulty breathing.



Contact your doctor to make an appointment if you have these symptoms:

- Abdominal pain and a fever (over 100 degrees).
- Abdominal pain and bloody stools.
- Not being able to keep food down for several days.
- Abdominal pain and painful or unusually frequent urination.
- The pain lasts for more than a few days.
- Abdominal pain that worries you.
- Abdominal pain and unexplained weight loss.
- Abdominal pain and difficulty swallowing.



Things you can do to help manage your abdominal pain:

- Try over-the-counter antacids for abdominal pain with gas or heartburn. If antacids don't help, contact your doctor for an appointment.
- Take a warm bath or put a heating pad on the low setting over the area. This can be particularly helpful for menstrual cramps.
- Try taking over-the-counter pain medicine, such as acetaminophen (Tylenol), but avoid aspirin and ibuprofen (such as Motrin, Advil, or Midol) as these can cause stomach irritation or bleeding.
- Rest, drink fluids to prevent dehydration, and eat small meals. In many cases, abdominal pain will pass with a little time.
- Try a diet of bland foods for a short period of time to relieve abdominal pain. These soak up some of the stomach acid, helping reduce the pain.

- Relieve constipation: If you haven't had a recent bowel movement, try an over-the-counter laxative or stool softener and increase water and fiber in your diet. It is important to prevent constipation by drinking plenty of water and including more fruits, vegetables, and whole grain foods such as brown breads and cereals in your diet. Do not take over-the-counter laxatives on a regular basis without consulting your doctor.

REMEMBER: Go to the Emergency Room only if:

- Your doctor directs you to do so.
- or-
- Due to unusual circumstances beyond your control, you cannot reach your doctor AND your symptoms match those listed in the CONTACT YOUR DOCTOR IMMEDIATELY section.



**Central Communities
Health Access Network
P.O. Box 850592
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<http://cc-han.com>