



## Mesenteric Adenitis

# Patient information Leaflet

June 2020

## **What is Mesenteric Adenitis?**

Mesenteric adenitis is a mild condition which causes temporary pain in the abdomen (tummy), mainly in children. It usually clears up without treatment. Mesenteric adenitis means inflamed (swollen) lymph glands in the abdomen, which cause abdominal pain.

The name comes from 'mesentery', which is the part of the abdomen where the glands are located, and 'adenitis' meaning inflamed lymph glands.

Lymph glands (also called lymph nodes) occur throughout the body. They are normally pea sized and are a major part of the immune system. During an infection, lymph glands can swell and become painful while the immune system 'fights off' infecting germs. Lymph glands return to normal once the infection has cleared up.

## **What causes Mesenteric Adenitis?**

Mesenteric adenitis is most likely caused by an infection (germ), which triggers inflammation and swelling in the lymph glands. Most cases are probably due to a 'virus' infection such as a cold or sore throat.

Mesenteric adenitis may be caused by a 'bacterial' infection, for example, a bacterial infection in the intestine (gut), however this is less common. The inflamed glands can cause pain, tenderness and a high temperature.

## **What are the symptoms of Mesenteric Adenitis?**

The main symptoms of mesenteric adenitis are:

- Pain in the abdomen- the pain is located either in the centre of the abdomen, or in the lower right-hand side of the abdomen (known as the 'right iliac fossa' area)
- Fever (high temperature)
- Feeling generally unwell
- Nausea and/or diarrhoea
- Sore throat/ symptoms of a cold

The symptoms usually improve within a few days and should clear up completely within two weeks. If your child's symptoms are getting worse or last longer than two weeks, you should see a doctor urgently for a review.

## **Are any tests needed?**

There are no specific tests for mesenteric adenitis. If the diagnosis is not clear, your doctor may suggest:

- A period of observation to see if symptoms have improved or worsened
- A second opinion i.e. surgical review to rule out appendicitis

- Tests to look for other conditions i.e. bloods, urine testing or scans (CT or Ultrasound scan).

### **Will my child need an operation?**

In some cases, problems such as appendicitis cannot be ruled out even after tests.

If so, your child may need an operation to look inside the abdomen and check for any suspected problem. This may be done as a 'laparoscopy', where a thin fibre-optic telescope is used to look inside the abdomen. Sometimes an open operation is needed where surgeons make a small cut into the tummy. A surgeon will discuss these options with you.

### **What is the treatment of Mesenteric Adenitis?**

Painkillers such as paracetamol or ibuprofen can be used to relieve pain caused by mesenteric adenitis. No other treatment is necessary.

If a bacterial infection is suspected, a course of antibiotics may be given, however this is usually to treat an underlying infection rather than the mesenteric adenitis.

### **Useful Contact Numbers:**

- Contact your GP for advice.
- Children's Unit 0161 922 5252 (24 hrs)
- NHS Direct 111 (24hr helpline)

### **Useful Websites/information:**

- Department of Health ([www.dh.gov.uk](http://www.dh.gov.uk))
- NHS Choices ([www.nhs.uk/conditions](http://www.nhs.uk/conditions))
- NHS institute for innovation and improvement ([www.institute.nhs.uk](http://www.institute.nhs.uk))
- NHS Improvement ([www.improvement.nhs.uk](http://www.improvement.nhs.uk))

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

**語言翻譯及病者支持服務 (LIPS):**

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

**Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):**

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem **0161 922 6991**.

لینگویج، انٹریپریٹیشن اینڈ پیٹینٹ سپورٹ سروس (لپس Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بکنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

Adapted from:

- East Cheshire NHS Trust's 'Mesenteric Adenitis: Information for patients, parents and carers'.

**Author: Claire Casey**

**Division/Department: Women and Childrens**

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