

Exclusion Criteria:

- Hemodynamic instability / Signs of shock
- Peritonitis (contact Trauma Surgery immediately)
- Penetrating Trauma
- Suspected Child Abuse ([link to clinical pathway](#))

Criteria for CT abdomen / pelvis (any of the following):

- Concerning physical exam findings:
 - Abdominal tenderness; seat belt or handlebar bruising patterns
- Abnormal lab findings :
 - Low hemoglobin without an alternative source
 - AST or ALT > 200
 - Elevated lipase
- Grossly bloody urine
 - Not microscopic hematuria

Discharge criteria:

- VS stable
- Normal Hgb and hemodynamically stable
- Tolerating PO intake
- Pain controlled (off opioids)

Discharge education:

- Activity restrictions length: Grade of injury + 2 = weeks of restriction

[Link to References](#)

