

# FICHE-CONSEILS

## Préparation à une investigation - Clinique AOC

Centre intégré  
de santé  
et de services sociaux  
de l'Outaouais

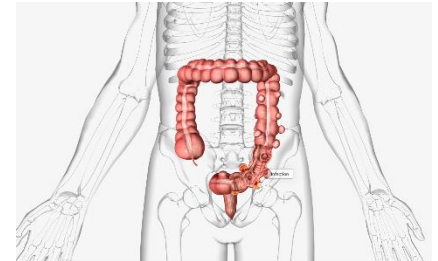
Québec

NURSING BRANCH

### CH-4 Diverticulitis

#### Subject

Sometimes diverticula form in the large intestine. These are small outer growths, like small “pockets” the size of a marble, located in different places in the large intestine. This is called colonic diverticulitis. Diverticulitis is a disorder that affects the colon or large intestine. Diverticulitis is an inflammation of the diverticula associated with an infection that causes pain in the lower abdomen. Diverticula can form when areas of weakness in the colon wall stretch under the internal pressure of the colon. If this pressure causes a small lesion in the wall of a diverticulum, an infection or local inflammatory process may develop. A genetic predisposition associated with a sedentary lifestyle, lack of physical activity and low-fibre diet are often involved.



#### Description

Following your medical consultation, you were referred to the Clinique AOC (Accueil et Orientation Clinique) for a quick surgical examination in accordance with the predetermined medical protocol. The examination includes blood tests and an abdominal/pelvic scan. If diverticula are confirmed, the nurse will conduct a health assessment and assess the need to refer you for a colonoscopy, if this was the first occurrence, or for a surgical consultation if there has been more than one occurrence. All of this must happen within a set timeframe.

#### Instructions for users

The Clinique AOC nurse will contact you within the time prescribed by your doctor for initial care: A (1-4 business days). Your exams will be scheduled in the hospital centre in your region – Hull, Gatineau, Buckingham, Maniwaki or Shawville where the exams are available. The nurse will inform you of the steps you need to take, the date of your appointment and the preparation required for your exams. You must notify the nurse if you have an allergy to iodine. Make sure you are available within the quick timeframe prescribed by your doctor. You can contact the Clinique AOC at 819-966-6127 Monday to Friday from 7:30 a.m. to 3:30 p.m. during business days.

#### Additional information

Make sure you take your prescribed medication to control the pain. If the pain intensifies or is not relieved by your medication or if you develop a fever, you should seek help at an emergency department.

*Inspired from Passeport santé at [www.passeportsante.net](http://www.passeportsante.net), edited by Dr. Ian Barrette, AOC Medical Coordinator*