

# FICHE-CONSEILS

## Préparation à une investigation - Clinique AOC



### GY-1 Menorrhagia

#### Subject

Menorrhagia is characterized by abnormally heavy and prolonged menstruations. It is the most common menstrual disorder reported by women. Menorrhagia is sometimes accompanied by abdominal pain that impairs the quality of life of women who suffer from it, and in some cases may lead to secondary anemia. The most common cause of unusual vaginal bleeding is hormonal fluctuations, although uterine fibroids can also be responsible.



#### Description

Following your medical consultation, you were referred to the Clinique AOC (Accueil et Orientation Clinique) for a quick gynecological examination in accordance with the predetermined medical protocol. The examination includes blood tests and a pelvic ultrasound. The clinical nurse will conduct a quick health assessment and review your test results. Based on your test results, you will be referred to a gynaecologist within a set timeframe.

#### Instructions for users

The Clinique AOC administrative officer will contact you within the time prescribed by your doctor for initial care: A (1-4 business days) or B (4-14 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 administrative officer will inform you of the steps you need to take, the date of your appointment and the necessary preparation for your exams. 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

You should seek help at an emergency department if you have blood flow requiring one or more pads per hour, for several hours, or if you have shortness of breath upon exertion, extreme weakness, loss of consciousness or chest pain.