

# FICHE-CONSEILS

## Préparation à une investigation - Clinique AOC



### GY-2 Cyst/Adnexal Mass

#### Subject

Ovarian cysts are fluid-filled sacks that form within or on an ovary. Cysts are relatively common, most of them are non-cancerous (benign) and heal spontaneously. Most cysts do not cause symptoms, but some may cause pain or pressure in the pelvic area. Some ovarian cysts require further examination, while others require close monitoring.



#### 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 first involves a pelvic ultrasound and blood tests as needed. The clinical nurse will conduct a quick health assessment and review of your test results. Based on your test results, you will then be referred to a gynaecologist, if necessary, 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: B (4-14 business days). Your exams will be scheduled in the hospital centre in your region – 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 severe abdominal or pelvic pain or blood flow requiring one or more pads per hour for several hours.