

# Guidance sheet

## Preparation for an Investigation-AOC Clinic

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

Québec



**NURSING BRANCH**

### GY-4 First Trimester Bleeding

#### Subject

Vaginal bleeding in the first trimester of pregnancy can cause anxiety and worry for expectant mothers. This can pose a threat of miscarriage (full or partial spontaneous abortion), but it is important to know that in many cases, despite this bleeding, a pregnancy can continue successfully to term. According to studies, about 20% to 30% of pregnant women with bleeding in the first trimester will have a miscarriage, which means that in the majority of cases (70-80%), pregnancy will continue normally despite this worrisome symptom. It should be noted that most miscarriages occur very early in pregnancy, sometimes before a woman even knows she is pregnant. In most cases, it is impossible to prevent a miscarriage. Therefore, when bleeding occurs, it is important to initiate an examination to confirm whether a pregnancy has been terminated, to eliminate an ectopic pregnancy or to confirm the viability of the fetus.



#### 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 consists of initial blood tests (if not done already). You will be given a WinRho injection if you have a blood type with a negative Rh. The clinical nurse will conduct a quick health assessment and review of your test results. The examination will continue with a pelvic ultrasound and additional blood tests as required. You will then be referred to a gynecologist, if necessary, within an urgent timeframe. Otherwise, you will be redirected to your family doctor.

#### Instructions for users

The Clinique AOC administrative officer will contact you within the time prescribed by your doctor for initial care within 24 hours (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

If you have a blood flow requiring one or more pads per hour, for several hours, or if you have severe pelvic pain, loss of consciousness, extreme weakness, pronounced dizziness or fever and/or chills, 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