

FICHE-CONSEILS

Préparation à une investigation - Clinique AOC

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

Québec



NURSING BRANCH

GY-5 Post-menopausal Bleeding

Subject

Menopause refers to the end of a woman's reproductive period, usually around the age of 50, following a period of no menstruations for 12 consecutive months. It is marked by the end of menstruation as well as the cessation of ovulation. Therefore, any bleeding during menopause is considered abnormal and requires a thorough medical assessment.



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 a pelvic ultrasound and blood tests as needed. The clinical nurse will conduct a health assessment and an analysis of your test results. You will then 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.

Inspired from Passeport santé at www.passeportsante.net, edited by Dr. Ian Barrette, AOC Medical Coordinator