

# FICHE-CONSEILS

## Préparation à une investigation - Clinique AOC

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

Québec

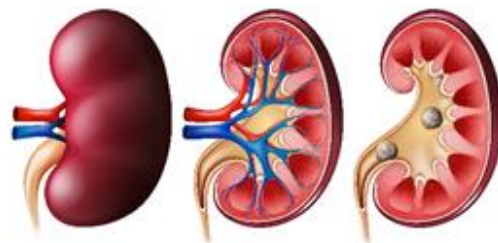


NURSING BRANCH

### URO-3 Renal Colic

#### Subject

Kidney stones are hard crystals that form in the kidneys and can cause severe pain in the flanks. The stones can vary greatly in size, from a few millimetres to a few centimetres in diameter. Most of them are spontaneously eliminated by passing through the various conduits of the urinary system. Ureters, located between the kidneys and the bladder, are very small conduits. A stone that forms in the kidney, which is in transit to the bladder, can easily obstruct an ureter causing severe flank pain. This is called renal colic.



#### Description

Following your medical consultation, you were referred to the Clinique AOC (Accueil et Orientation Clinique) for a quick urological examination in accordance with the predetermined medical protocol. The examination includes a urinary analysis and abdominal x-ray (if not already done in the emergency department). The clinical nurse will conduct a health assessment and an analysis of your test results. You will then be referred to a urologist 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 – 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 develop a fever, difficulty/inability to urinate, or severe abdominal/dorsal pain not relieved by your medication, or persistent vomiting.

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