



Angiogram

<https://libcat.nshealth.ca/en/permalink/chpams34107>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Angiography Unit
Nova Scotia Health Authority. Diagnostic Imaging

Alternate Title: Arteriogram

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (6 p.) : digital, PDF file

Subjects (MeSH): Angiography
Blood Vessels

Subjects (LCSH): Angiography
Blood-vessels

Specialty: Diagnostic Imaging

Abstract: During this special X-ray test, a colourless dye is injected into your blood vessels so that they can be seen on X-ray. An angiogram can be used to X-ray blood vessels in various parts of the body. This pamphlet describes getting ready for the test, how the test is done, and care after the test.

Responsibility: Prepared by: Angiography Unit, Diagnostic Imaging

Pamphlet Number: 0001



After my surgery

<https://libcat.nshealth.ca/en/permalink/chpams34175>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Same Day Surgery

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (7 p.) : digital, PDF file

Subjects (MeSH): Postoperative Care
Surgery

Subjects (LCSH): Postoperative care
Operations, Surgical

Specialty: Surgery

Abstract: This pamphlet answers common questions about care at home after surgery. Topics include: how you will feel, activities, what to eat, managing pain, dressing(s) care, driving, etc. Specific instructions are given for patients with sleep apnea, and patients who use CPAP machines. The pamphlet includes a list of symptoms that need medical attention right away.

Notes: Previous title: After My Operation

Responsibility: Prepared by: Same Day Surgery

Pamphlet Number: 0064



Before and after your cardioversion - Halifax Infirmary

<https://libcat.nshealth.ca/en/permalink/chpams34192>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Cardiology

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (10 p.) : digital, PDF file

Subjects (MeSH): Electric Countershock
Heart

Subjects (LCSH): Electric countershock
Heart

Specialty: Cardiovascular system

Abstract: Cardioversion is used to treat heart rhythm problems. During a cardioversion, an electrical shock is given to your heart. Getting ready for the procedure, how the procedure is done, and recovery are outlined. Before the procedure, you will be given medication to make you comfortable, relaxed, and sleepy. It will be in your body for 24 hours. It includes a list of things to avoid for 24 hours after your procedure. The French version of this pamphlet 1726, "Avant et après une cardioversion", is also available.

Notes: Previous title: Before and After Your Cardioversion

Responsibility: Prepared by: Cardiology

Pamphlet Number: 0393



High energy, high protein guidelines

<https://libcat.nshealth.ca/en/permalink/chpams34263>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Nutrition and Food Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (13 p.) : digital, PDF file

Subjects (MeSH): Diet Therapy
Diet - Guideline

Subjects (LCSH): Diet therapy

Specialty: Food and nutrition

Abstract: Good nutrition is very important. It will help you feel better and stay strong. Choosing high energy, high protein foods will help you get the nutrition you need to increase your energy levels, gain or maintain weight, heal, fight or prevent infections, and recover quicker from surgery or illness. This pamphlet gives tips to help you eat better and information about protein, energy, and nutritional supplements. Recipes and a high energy, high protein sample menu are included.

Responsibility: Nutrition and Food Services

Pamphlet Number: 0564



Living with advanced liver disease

<https://libcat.nshealth.ca/en/permalink/chpams34312>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Multi-Organ Transplant Program

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (7 p.) : digital, PDF file

Subjects (MeSH): Liver Diseases - therapy
Liver Diseases - prevention & control

Subjects (LCSH): Liver-Diseases

Specialty: Digestive System

Abstract: It can be confusing and scary to find out that you have advanced liver disease. You have been referred to a Liver Specialist at the Queen Elizabeth II Health Sciences Centre (QEII). A liver transplant is one of many treatments that may be used to treat advanced liver disease. You and the Liver Specialist will decide on the best treatment for you. This pamphlet explains where to go for your appointment, how the liver works, and how to manage your symptoms. A map of the QEII Health Sciences Centre is also included.

Responsibility: Prepared by: Multi-Organ Transplant Program

Pamphlet Number: 0225



Sleep Disorders Laboratory

<https://libcat.nshealth.ca/en/permalink/chpams34425>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Sleep Disorders Laboratory

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document ([6] p.) : digital, PDF file

Subjects (MeSH): Sleep disorders - diagnosis
Sleep Initiation and Maintenance Disorders - diagnosis

Subjects (LCSH): Sleep disorders--Diagnosis
Insomnia

Specialty: Hospitals

Abstract: This pamphlet outlines what to expect when you take part in a sleep study. The pamphlet will help you get ready for your visit by briefly describing the study and what to expect before, during, and after your stay.

Responsibility: Prepared by: Sleep Disorders Lab

Pamphlet Number: 0436



Changing a two-piece colostomy/ileostomy appliance

<https://libcat.nshealth.ca/en/permalink/chpams34509>

Available Online: View Pamphlet
Corporate Author: Nova Scotia Health Authority. QEII. Enterostomal Therapy
Place of Publication: Halifax, NS
Publisher: Nova Scotia Health Authority
Date of Publication: 2022
Format: Pamphlet
Language: English
Physical Description: 1 electronic document ([2] p.) : digital, PDF file
Subjects (MeSH): Colostomy
Ileostomy
Subjects (LCSH): Colostomy
Ileostomy
Abstract: This instruction sheet outlines equipment needed and gives step-by-step procedures to help you change a two-piece colostomy/ileostomy appliance. A contact number is provided if you have questions.
Responsibility: Prepared by: Enterostomal Therapists, QEII
Pamphlet Number: 0398



Changing a one-piece colostomy/ileostomy appliance

<https://libcat.nshealth.ca/en/permalink/chpams34510>

Available Online: View Pamphlet
Corporate Author: Nova Scotia Health Authority. QEII. Enterostomal Therapy
Place of Publication: Halifax, NS
Publisher: Nova Scotia Health Authority
Date of Publication: 2022
Format: Pamphlet
Language: English
Physical Description: 1 electronic document ([2] p.) : digital, PDF file
Subjects (MeSH): Colostomy
Ileostomy
Subjects (LCSH): Colostomy
Ileostomy
Abstract: This instruction sheet outlines equipment needed and gives step-by-step procedures to help you change a one-piece colostomy/ileostomy appliance. A contact number is provided if you have questions.
Responsibility: Prepared by: Enterostomal Therapists, QEII
Pamphlet Number: 0399



Changing a urostomy appliance

<https://libcat.nshealth.ca/en/permalink/chpams34512>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. QEII. Enterostomal Therapy

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document ([2] p.) : digital, PDF file

Subjects (MeSH): Ureterostomy

Subjects (LCSH): Urinary diversion

Specialty: Urogenital System

Abstract: This instruction sheet outlines needed equipment and gives step-by-step procedures to help you change a urostomy appliance.

Responsibility: Prepared by: Enterostomal Therapists, QEII

Pamphlet Number: 0400



Transesophageal echocardiogram (TEE)

<https://libcat.nshealth.ca/en/permalink/chpams34555>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Cardiac Services

Alternate Title: TEE

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (5 p.) : digital, PDF file

Subjects (MeSH): Heart function tests
Echocardiography

Subjects (LCSH): Heart function tests
Echocardiography

Specialty: Cardiovascular system

Abstract: This test uses sound waves (ultrasound) to take pictures of your heart. During this test, a flexible tube is passed through your mouth, down your throat, and into your esophagus (swallowing tube that connects your mouth and stomach). There is a special probe on the end of the tube. The pamphlet describes getting ready for the test, how the test is done, and care after the test.

Responsibility: Prepared by: Cardiac Services

Pamphlet Number: 0331



Bipolar disorder

<https://libcat.nshealth.ca/en/permalink/chpams34642>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Mental Health and Addictions Program

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document ([4] p.) : digital, PDF file

Subjects (MeSH): Bipolar Disorder
Mental Disorders

Subjects (LCSH): Manic-depressive illness
Mental illness

Specialty: Psychiatry

Abstract: People with bipolar disorder have periods when their mood is very high or very low. These episodes may last for several days, weeks, or months. In between these episodes, the person's mood may be normal. The period of very high mood and other symptoms is called mania. The period of very low mood and other symptoms is called depression. This pamphlet explains what causes bipolar disorder, what the symptoms of mania and depression are, how bipolar disorder is treated, and where you can get help.

Responsibility: Prepared by: Mental Health and Addictions Program

Pamphlet Number: 0761



Depression

<https://libcat.nshealth.ca/en/permalink/chpams34654>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Mental Health and Addictions Program

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document [2] p.) : digital, PDF file

Subjects (MeSH): Depression

Subjects (LCSH): Depression, Mental

Abstract: Depression is a treatable brain illness that can cause feeling sad or low most of the day, having little energy, loss of interest in your usual activities, trouble sleeping or sleeping all the time, eating a lot more or a lot less, and poor concentration. This pamphlet explains what causes depression, how it is treated, and where you can get help.

Responsibility: Prepared by: Mental Health and Addictions Program

Pamphlet Number: 0766



After minor oral surgery : VG site

<https://libcat.nshealth.ca/en/permalink/chpams34716>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health. QEII. Department of Oral and Maxillofacial Surgery

Alternate Title: After minor oral surgery : Victoria General site

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (4 p.) : digital, PDF file

Subjects (MeSH): Surgery, oral
Postoperative Care

Subjects (LCSH): Mouth—Surgery

Specialty: Oral Surgery

Abstract: This pamphlet gives information about your care at home after minor oral surgery. Topics include discomfort, activity, mouth care, controlling bleeding and swelling, food, and stitches. Contact numbers for urgent and non-urgent questions are included. The French version of this pamphlet 1727, "Après une chirurgie buccale mineure", is also available.

Notes: Previous title: After minor oral surgery

Responsibility: Prepared by: Department of Oral and Maxillofacial Surgery, QEII

Pamphlet Number: 0405



Facial fractures : VG site

<https://libcat.nshealth.ca/en/permalink/chpams34728>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. QEII. Oral and Maxillofacial Surgery

Alternate Title: Facial fractures : Victoria General site

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (9 p.) : digital, PDF file

Subjects (MeSH): Facial injuries
Fractures, Bone

Subjects (LCSH): Fractures--Treatment
Face

Specialty: Oral Surgery

Abstract: A facial bone fracture (break) must be treated to prevent future problems. Problems could include developing facial deformities, dental malocclusions ("bad bite"), jaw infection, or changes in facial growth. You will likely be admitted to a hospital room from the Emergency Department or from the Oral and Maxillofacial Surgery Clinic. This pamphlet explains what to expect before and after surgery, and at home. A discharge checklist and contact numbers for urgent and non-urgent questions are included.

Notes: Previous title: Facial fractures

Responsibility: Prepared by: Department of Oral and Maxillofacial Surgery, QEII

Pamphlet Number: 1085



Preprosthetic jaw surgery : VG site

<https://libcat.nshealth.ca/en/permalink/chpams34729>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. QEII. Oral and Maxillofacial Surgery

Alternate Title: Preprosthetic jaw surgery : Victoria General site

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (8 p.) : digital, PDF file

Subjects (MeSH): Jaw - surgery

Subjects (LCSH): Jaws--Surgery

Specialty: Oral Surgery

Abstract: Preprosthetic jaw surgery is done to change the upper or lower jaw ridges. This is done so dentures can be worn more comfortably or dental implants can be placed. This pamphlet explains what to expect before and after surgery. A discharge checklist and contact numbers for urgent and non-urgent questions are included.

Notes: Previous title: Preprosthetic surgery
Previous title: Preprosthetic surgery for the jaw

Responsibility: Prepared by: Department of Oral and Maxillofacial Surgery, QEII

Pamphlet Number: 1086



Dobutamine stress echocardiogram (DSE)

<https://libcat.nshealth.ca/en/permalink/chpams34756>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Cardiac Services

Alternate Title: DSE

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (4 p.) : digital, PDF file

Subjects (MeSH): Echocardiography
Heart function tests

Subjects (LCSH): Echocardiography
Heart function tests

Specialty: Cardiovascular system

Abstract: Your coronary arteries supply blood to your heart. A DSE is done to find out if there are any blockages in these arteries and, if so, how severe they are. This test may be done when the usual tests for this problem cannot be done or have given inconclusive results. The pamphlet describes getting ready for the test, who will do the test, what happens during the test, and what to expect after.

Responsibility: Prepared by: Cardiac Services

Pamphlet Number: 0698



Cardiac event recorder (loop recorder)

<https://libcat.nshealth.ca/en/permalink/chpams34815>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Cardiac Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (6 p.) : digital, PDF file

Subjects (MeSH): Electrocardiography, Ambulatory
Arrhythmias, Cardiac - diagnosis

Subjects (LCSH): Ambulatory electrocardiography
Arrhythmias

Specialty: Cardiovascular system

Abstract: A cardiac event recorder (loop recorder) records the electrical activity of your heart. You can use a loop recorder while you are at home and doing your usual activities. It will only record your heart activity when you press a button. A cardiac technologist will show you how to use the recorder. This pamphlet explains how to use the loop recorder, whether you can bathe or shower with the loop recorder, and what to do if you have problems with the recorder. Information on how to return the recorder is included.

Responsibility: Prepared by: Cardiac Services

Pamphlet Number: 0974



Catheter ablation

<https://libcat.nshealth.ca/en/permalink/chpams34846>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. QEII. Cardiology 6.2

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (16 p.) : digital, PDF file

Subjects (MeSH): Catheter Ablation
Arrhythmias, Cardiac

Subjects (LCSH): Catheter ablation
Arrhythmia--Treatment

Specialty: Cardiovascular system

Abstract: Catheter ablation is a treatment for certain kinds of heart rhythm problems. This pamphlet explains what to expect before, during, and after catheter ablation. Topics include what catheter ablation is, how the heart works, possible risks, and how to get ready for the procedure. The pamphlet outlines what will happen when you arrive at the hospital, in the EP lab, and after the ablation. Care at home and answers to common questions you may have are provided. Information on when to call your primary health care provider and when to go to the nearest Emergency Department is included. The French version of this pamphlet 1914, "Ablation par cathéter", is also available.

Responsibility: Prepared by: Cardiology 6.2, QEII

Pamphlet Number: 0636



Injections for chronic pain

<https://libcat.nshealth.ca/en/permalink/chpams35004>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. QEII. Pain Management Unit

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (6 p.) : digital, PDF file

Subjects (MeSH): Injections
Pain Management

Subjects (LCSH): Injections
Pain--Treatment

Specialty: Pain Management

Abstract: You and your doctor have decided that you need injections to manage your chronic (ongoing) pain. An injection is medication given using a needle. This pamphlet explains how well injections for chronic pain work, if the injections are painful, and common types of injections for chronic pain, including epidural steroids, facet joint injection, sacroiliac (SI joint) injection, and radiofrequency lesioning (RFG). The pamphlet also explains how to get ready for your injections, how an injection for chronic pain is done, and the possible side effects and risks.

Notes: Previous title: Nerve block for chronic pain
Previous title: A nerve block for chronic pain

Responsibility: Prepared by: Pain Management Unit

Pamphlet Number: 0277



High energy, high protein diabetic guidelines

<https://libcat.nshealth.ca/en/permalink/chpams35106>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Nutrition and Food Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (11 p.) : digital, PDF file

Subjects (MeSH): Diabetes Mellitus - diet therapy
Diet - Guideline

Subjects (LCSH): Diabetes--Diet therapy

Specialty: Endocrine System
Food and Nutrition

Abstract: Good nutrition is very important. It will help you feel better and stay strong. Choosing high energy, high protein foods will help you get the nutrition you need to increase your energy levels, gain or maintain weight, heal, fight or prevent infections, and recover quicker from surgery or illness. This pamphlet gives tips to help you eat better and information about protein, energy, high sugar foods to avoid, and nutritional supplements. Recipes and a high energy, high protein sample menu are included.

Notes: Previous title: High energy, high protein diabetic meal planning

Responsibility: Prepared by: Nutrition and Food Services

Pamphlet Number: 0657