



## Abdominal pain

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Corporate Author: Nova Scotia Health Authority. Emergency Services

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Subjects (LCSH): Abdominal pain

Specialty: Emergency

Abstract: The abdomen is the area from the bottom of your rib cage to your pelvic (hip) bones. Abdominal pain can be caused by many things, including: indigestion, constipation (not being able to poop), gas, infection (either bacterial or viral), food poisoning, ulcers, appendicitis, gallbladder or liver disease, kidney stones, bladder infections, menstrual pain, and muscle spasms (muscle movements you cannot control). Most abdominal pain goes away without treatment. This pamphlet gives instructions for when your exam and test results suggest there is nothing seriously wrong or life-threatening. Follow-up instructions and symptoms that need immediate medical attention are given.

Responsibility: Prepared by: Emergency Services

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## After pregnancy loss

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Alternate Title: After miscarriage

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Subjects (MeSH): Abortion, Spontaneous  
Hydatidiform Mole  
Pregnancy, Ectopic

Subjects (LCSH): Miscarriage  
Molar pregnancy  
Ectopic pregnancy

Abstract: After pregnancy loss, you may experience grief and many other emotions. You may have questions about the reason for your loss. This is normal. Often, health care providers do not know exactly why pregnancy loss happens. This pamphlet includes basic information about pregnancy loss such as: types of pregnancy loss, pain and bleeding, when to expect your next period, a list of symptoms to watch for, tiredness, when to expect your breasts to go back to normal, going back to work, follow-up appointments, and remembering your baby. Information about how long to wait before trying again, how to get ready for your next pregnancy, and what to do if you are scared of having another pregnancy loss are discussed. Common feelings you and your partner may have are provided. A list of local resources are provided if you wish to seek extra support in your community.

Responsibility: Prepared by: Emergency Services, adapted from PL-0918 with permission of IWK Health, Halifax, NS

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