



Abdominal pain

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Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2021

Format: Pamphlet

Language: English

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

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

Pamphlet Number: 0119



After pregnancy loss

<https://libcat.nshealth.ca/en/permalink/chpams37591>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Alternate Title: After miscarriage

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): 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

Pamphlet Number: 2288



After your lumbar puncture

<https://libcat.nshealth.ca/en/permalink/chpams35498>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Alternate Title: Spinal tap

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2018

Format: Pamphlet

Language: English

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

Subjects (MeSH): Spinal Puncture
Nervous System Diseases - diagnosis

Subjects (LCSH): Spine-Puncture
Nervous system-Diseases-Diagnosis

Abstract: During your lumbar puncture, a needle was placed in your back to collect cerebrospinal fluid (CSF). This fluid surrounds your brain and spinal cord. The CSF will be sent to the lab for testing. The results of this test may help your doctor to diagnose a particular disease or injury. It may take several days or weeks before the results are available. Topics include: care of the puncture site, headache, diet, back discomfort, bathing, driving, and activities to avoid for 24 hours. A list of symptoms for when you need to go to the Emergency Department are provided. The French version of this pamphlet 1949, "Après votre ponction lombaire", is also available.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 1560



Après votre ponction lombaire

<https://libcat.nshealth.ca/en/permalink/chpams36505>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Alternate Title: After your lumbar puncture

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2018

Format: Pamphlet

Language: French

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

Subjects (MeSH): Spinal Puncture
Nervous System Diseases - diagnosis

Subjects (LCSH): Spine-Puncture
Nervous system-Diseases-Diagnosis

Abstract: Durant votre ponction lombaire, une aiguille a été insérée dans votre dos pour recueillir du liquide céphalorachidien (LCR). Ce liquide entoure votre cerveau et votre moelle épinière. Le LCR est envoyé au laboratoire pour une analyse. Les résultats de ce test pourraient aider votre médecin à diagnostiquer une maladie ou une blessure particulière. Plusieurs jours ou semaines peuvent être nécessaires avant d'obtenir les résultats. Les sujets traités dans la brochure sont les soins du point d'insertion, le mal de tête, l'alimentation, l'inconfort dans le dos, le bain, la conduite automobile et les activités à éviter pendant 24 heures. Une liste de symptômes indiquant quand vous rendre au service des urgences est présentée.

This is a French translation of the English pamphlet 1560, "After Your Lumbar Puncture". During your lumbar puncture, a needle was placed in your back to collect cerebrospinal fluid (CSF). This fluid surrounds your brain and spinal cord. The CSF will be sent to the lab for testing. The results of this test may help your doctor to diagnose a particular disease or injury. It may take several days or weeks before the results are available. Topics include: care of the puncture site, headache, diet, back discomfort, bathing, driving, and activities to avoid for 24 hours. A list of symptoms for when you need to go to the Emergency Department are provided.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 1949



Calculs biliaires

<https://libcat.nshealth.ca/en/permalink/chpams36692>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Alternate Title: Gallstones

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2019

Format: Pamphlet

Language: French

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

Subjects (MeSH): Gallstones - prevention & control

Subjects (LCSH): Gallstones

Specialty: Emergency

Abstract: Au début, les calculs biliaires sont de petites particules (pierres), mais ils grossissent avec le temps. Ils peuvent causer des problèmes s'ils bloquent les voies dans lesquelles la bile se déplace. Cette brochure explique les causes et les symptômes des calculs biliaires, quoi faire si vous avez une crise de la vésicule biliaire et la façon dont les calculs biliaires sont diagnostiqués et traités. On y fournit aussi des conseils sur l'alimentation et de l'information sur l'opération, la CPRE (cholangiopancréatographie rétrograde endoscopique) et les risques possibles des calculs biliaires. Vous y trouverez aussi une liste des symptômes qui exigent des soins médicaux immédiats.

This is a French translation of the English pamphlet 1543, "Gallstones". Gallstones start as small pieces and can get bigger over time. They can cause problems if they block the tubes that bile needs to travel through. This pamphlet explains what causes gallstones, symptoms of gallstones, what to do if you have a gallbladder attack, and how gallstones are diagnosed and treated. Diet tips, information about surgery and ERCP (Endoscopic Retrograde Cholangiopancreatography), and the possible risks of gallstones are also provided. A list of symptoms that require immediate medical attention are listed.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 2087



Care after sedation

<https://libcat.nshealth.ca/en/permalink/chpams35695>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2017

Format: Pamphlet

Language: English

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

Subjects (MeSH): Anesthetics
Conscious Sedation

Subjects (LCSH): Anesthetics
Conscious sedation

Abstract: Sedation is a treatment given to lessen pain during a procedure. Medicine is given through a needle (intravenous, or IV) placed in your vein by an Emergency Department (ED) staff member. Topics include: instructions, medications, follow-up instructions, and a list of symptoms that require a trip to the nearest Emergency Department. The French version of this pamphlet 1679, "Précautions à prendre après une sédation," is also available.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 0121



Constipation

<https://libcat.nshealth.ca/en/permalink/chpams34751>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2019

Format: Pamphlet

Language: English

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

Subjects (MeSH): Constipation - prevention & control

Subjects (LCSH): Constipation

Specialty: Emergency

Abstract: Constipation is when you don't have bowel movements (poops) very often, or they are hard to pass. We also call this "being constipated." This pamphlet explains common causes of constipation and lists things you can do to help. Symptoms that require immediate medical attention are provided. The French version of this pamphlet 2080, "Constipation", is also available.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 0692



Constipation

<https://libcat.nshealth.ca/en/permalink/chpams36686>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2019

Format: Pamphlet

Language: French

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

Subjects (MeSH): Constipation - prevention & control

Subjects (LCSH): Constipation

Specialty: Emergency

Abstract: On parle de constipation lorsque vous n'allez pas à la selle (vous ne faites pas caca) très souvent ou lorsqu'il est difficile d'évacuer les selles. On dit aussi « être constipé ». Cette brochure explique les causes courantes de la constipation et énumère les choses que vous pouvez faire pour améliorer la situation. Les symptômes qui exigent des soins médicaux immédiats sont aussi précisés.

This is a French translation of the English pamphlet 0692, "Constipation". Constipation is when you don't have bowel movements (poops) very often, or they are hard to pass. We also call this "being constipated." This pamphlet explains common causes of constipation and lists things you can do to help. Symptoms that require immediate medical attention are provided.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 2080



Ectopic pregnancy

<https://libcat.nshealth.ca/en/permalink/chpams35499>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Alternate Title: Tubal pregnancy

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2018

Format: Pamphlet

Language: English

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

Subjects (MeSH): Pregnancy, Ectopic

Subjects (LCSH): Ectopic pregnancy

Abstract: An ectopic pregnancy (also called a tubal pregnancy) is a pregnancy that happens outside of the uterus, usually in the fallopian tubes. This is a possible medical emergency and can lead to death if not treated. Symptoms, causes, risk factors, treatment, possible complications, and ways to lower your risk factors are provided. The French version of this pamphlet 1963, "Grossesse ectopique", is also available.

Responsibility: Prepared by: Beverly Clarke, RN, Emergency Services ; Reviewed by: Heather Peddle-Bolivar, CNE, Emergency Services

Pamphlet Number: 1561



Endometriosis

<https://libcat.nshealth.ca/en/permalink/chpams36624>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2019

Format: Pamphlet

Language: English

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

Subjects (MeSH): Endometriosis

Subjects (LCSH): Endometriosis

Specialty: Emergency

Abstract: When tissue that normally lines the inside of your uterus grows outside of the uterus, it is called endometriosis. The cause of endometriosis is not known. This pamphlet lists the symptoms of endometriosis and explains how it is diagnosed and treated. A list of resources is also provided.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 2040



Epidural blood patch

<https://libcat.nshealth.ca/en/permalink/chpams36602>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2019

Format: Pamphlet

Language: English

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

Subjects (MeSH): Blood Patch, Epidural

Subjects (LCSH): Spine–Puncture–Complications

Abstract: An epidural blood patch is a procedure to treat headaches caused by low pressure in the fluid around the spine and brain. Your own blood can seal a leak in the spine the same way a bicycle inner tube can be patched. This can happen because of a spinal fluid leak after a spinal procedure. In rare cases it may happen spontaneously (for no apparent reason). This pamphlet explains what is done during an epidural blood patch. Topics include: what to expect after the procedure, what to do after going home, and what to watch for after going home.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 2023



Gallstones

<https://libcat.nshealth.ca/en/permalink/chpams35477>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2019

Format: Pamphlet

Language: English

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

Subjects (MeSH): Gallstones - prevention & control

Subjects (LCSH): Gallstones

Abstract: Gallstones start as small pieces and can get bigger over time. They can cause problems if they block the tubes that bile needs to travel through. This pamphlet explains what causes gallstones, symptoms of gallstones, what to do if you have a gallbladder attack, and how gallstones are diagnosed and treated. Diet tips, information about surgery and ERCP (Endoscopic Retrograde Cholangiopancreatography), and the possible risks of gallstones are also provided. A list of symptoms that require immediate medical attention are listed. The French version of this pamphlet 2087, "Calculs biliaires", is also available.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 1543



Grossesse ectopique

<https://libcat.nshealth.ca/en/permalink/chpams36533>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Alternate Title: Ectopic pregnancy
Tubal pregnancy

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2018

Format: Pamphlet

Language: French

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

Subjects (MeSH): Pregnancy, Ectopic

Subjects (LCSH): Ectopic pregnancy

Abstract: Une grossesse ectopique (aussi appelée grossesse extra-utérine) est une grossesse qui se produit à l'extérieur de l'utérus, habituellement dans les trompes de Fallope. Il peut s'agir d'une urgence médicale pouvant entraîner la mort si elle n'est pas traitée. La présente ressource traite des symptômes, des causes, des facteurs de risque et des façons de les réduire, du traitement et des complications possibles.

This is a French translation of the English pamphlet 1561, "Ectopic Pregnancy". An ectopic pregnancy (also called a tubal pregnancy) is a pregnancy that happens outside of the uterus, usually in the fallopian tubes. This is a possible medical emergency and can lead to death if not treated. Symptoms, causes, risk factors, treatment, possible complications, and ways to lower your risk factors are provided.

Responsibility: Prepared by: Beverly Clarke, RN, Emergency Services ; Reviewed by: Heather Peddle-Bolivar, CNE, Emergency Services

Pamphlet Number: 1963



Kidney stones

<https://libcat.nshealth.ca/en/permalink/chpams34333>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2018

Format: Pamphlet

Language: English

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

Subjects (MeSH): Kidney Calculi

Subjects (LCSH): Kidneys--Calculi

Abstract: Kidney stones (renal calculi) are lumps of crystals which usually form in the kidneys from material in urine (pee). This pamphlet describes your care if you are a patient who visits an Emergency Department (ED) with a kidney stone. Care instructions are given and a list of the symptoms that need medical attention are outlined.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 0240



Pneumonia

<https://libcat.nshealth.ca/en/permalink/chpams34101>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2019

Format: Pamphlet

Language: English

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

Subjects (MeSH): Pneumonia - prevention & control

Subjects (LCSH): Pneumonia

Specialty: Emergency

Abstract: Pneumonia is an infection in one or both lungs that causes the air sacs in the lungs to get inflamed. This pamphlet explains the symptoms of pneumonia, who is at risk, and how pneumonia is diagnosed and treated. Tips to help you recover quickly and prevent pneumonia are included. Symptoms that need further medical attention are listed. The French translation of this pamphlet 2061, "Pneumonie" is also available.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 0368



Pneumonie

<https://libcat.nshealth.ca/en/permalink/chpams36656>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Alternate Title: Pneumonia

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2019

Format: Pamphlet

Language: French

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

Subjects (MeSH): Pneumonia - prevention & control

Subjects (LCSH): Pneumonia

Specialty: Emergency

Abstract: La pneumonie est une infection dans un ou dans les deux poumons qui cause l'inflammation des sacs alvéolaires. Cette brochure traite des symptômes de la pneumonie, des personnes à risque et de la façon de diagnostiquer et de traiter l'infection. Elle présente des conseils pour vous aider à vous rétablir rapidement et à prévenir la pneumonie. Elle précise aussi les symptômes qui exigent des soins médicaux.

This is a French translation of the English pamphlet 0368 "Pneumonia". Pneumonia is an infection in one or both lungs that causes the air sacs in the lungs to get inflamed. This pamphlet explains the symptoms of pneumonia, who is at risk, and how pneumonia is diagnosed and treated. Tips to help you recover quickly and prevent pneumonia are included. Symptoms that need further medical attention are listed.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 2061



Précautions à prendre après une sédation

<https://libcat.nshealth.ca/en/permalink/chpams35705>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Emergency Services

Alternate Title: Care after sedation

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2017

Format: Pamphlet

Language: French

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

Subjects (MeSH): Anesthetics
Conscious Sedation

Subjects (LCSH): Anesthetics
Conscious sedation

Abstract: La sédation est un traitement qui vous est donné pour réduire la douleur durant une intervention. Un employé du Service d'urgence vous administre le médicament au moyen d'une aiguille insérée dans une veine (intraveineuse, IV). Sujets abordés : instructions, médicaments, directives de suivi et liste de symptômes qui exigent que vous vous rendiez au Service d'urgence le plus près de chez vous.

This is a French translation of the English pamphlet 0121, "Care After Sedation". Sedation is a treatment given to lessen pain during a procedure. Medicine is given through a needle (intravenous, or IV) placed in your vein by an Emergency Department (ED) staff member. Topics include: instructions, medications, follow-up instructions, and a list of symptoms that require a trip to the nearest Emergency Department.

Responsibility: Prepared by: Emergency Services

Pamphlet Number: 1679