

Medical Surgical Day Clinic

Cobequid Community
Health Centre

Please arrive **15 minutes** before your appointment time **unless your appointment is at 7 a.m.**

If your appointment is at 7 a.m., you will be able to register at 7 a.m. (when registration opens).

Appointment date: _____ time: _____

Appointment date: _____ time: _____

Appointment date: _____ time: _____

Appointment date: _____ time: _____

Appointment date: _____ time: _____

Medical Surgical Day Clinic

For ultrasounds, we will call you on the morning of your test to tell you what time to come in.

For CT scans, please arrive at 8:45 a.m. on the day of your appointment.

Register at the kiosks beside central registration. You do not need to take a number from the machine. After you are registered, go to the Emergency Department waiting area and have a seat in the blue chairs.

If you are not able to keep your appointment, please call 902-869-6510 to reschedule you.

What is the Medical Surgical Day Clinic (MSDC)?

We see patients who need followup care after a visit to our Emergency Department. **Visits may include:**

- › special X-rays (like CT scans or ultrasounds)
- › wound checks or dressing changes
- › IV medications
- › cast checks/changes
- › followup or repeat blood tests

We try to see patients as close to their appointment times as possible. Sometimes we run behind.

Please plan to spend the morning at the Clinic. It is a good idea to bring something like a book or magazine to help pass the time.

What can I expect during my visit?

CT scan or ultrasound

- Staff will take you to the X-ray Department for your test.
- After your test, you will be called into the Clinic and the doctor will talk to you about your test results.

Followup with no special X-rays

- After you have registered, have a seat in the blue chairs in the Emergency Department waiting area after you have registered.
- Your name will be called when we are ready for you in the Clinic.

How do I get ready for a CT scan?

Abdominal (stomach area):

- You were given a bottle of contrast (X-ray dye) to drink before the test with instructions on how and when to drink it. Follow these instructions.
- **DO NOT** eat or drink anything after midnight on the night before your test.

Other CT scans (head, chest, kidney, etc.):

- You do not need to do anything to get ready.

How do I get ready for an ultrasound?

Abdominal:

- **DO NOT** eat or drink anything after midnight on the night before your test.

Pelvic:

- You will need to have a full bladder. When you are called into the Clinic from the waiting room, drink 1 litre (32 ounces) of water. **Do not go to the bathroom until after your test.**
- You will return to the waiting area after your test until the report is done and the doctor has looked at the results.

Other ultrasounds (breast or limbs):

- You do not need to do anything to get ready.

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.