



**IWK Health**

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[iwkhealth.ca](http://iwkhealth.ca)

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Emergency: 911 / Telecare: 811

## **IWK Adult Comfort Promise**

**Women's and gender-diverse  
ambulatory clinics**

## Our Comfort Promise

At the IWK, we strive to make you feel as comfortable and safe as possible. We will work with you as part of your healthcare team. We want you to have the information you need to make choices about your health and visit. Here is some information about what you can expect when you come to see us for your appointment.

You may be scheduled for a procedure as part of your appointment. A procedure may treat a condition, or it may be used to diagnose a condition. Here are some examples of procedures that occur in our clinic:

- IUD Insertion/removal
- Hysteroscopy
- Endometrial biopsies
- Insertion of subdermal birth control
- IV infusions for iron
- Cystoscopy
- Urodynamic studies
- D & C
- Other procedures that your doctor or nurse practitioner might recommend.

Everyone experiences procedures differently. We want to help keep *you* comfortable no matter your procedure.

### **Before you come to the clinic:**

We want you to feel prepared. We have made a video for you to watch to help prepare you for your visit. We also have pamphlets available to read on common procedures we do.

To feel prepared, you may choose to:

- Read any pamphlet for procedures listed above
- Bring a support person with you
- Unless instructed otherwise, eat something before your appointment
- Bring something to listen to with headphones (music, meditation, podcast, etc)
- Bring a weighted lap blanket
- Dress warmly in layers
- Practice breathing techniques (this works much better if you've practiced them before your appointment!)
- Ask your nurse if/where Emla® should be applied at least 1 hour before your appointment if you anticipate a needle poke
- Ask questions! Knowing what to expect can help to calm any anxiety you might be feeling.

## When you come to the clinic:

In the Women's and gender-diverse ambulatory clinic, you will have a **Comfort Promise Toolbox** available to you if you choose. It contains non-pharmacologic items that can help with distraction and provide comfort for your procedure.

Our **Comfort Promise Toolbox** includes:

- Stress balls – to squeeze
- Smokeless smudge and feathers
- Breathing technique instruction cards
- Heat packs for discomfort during/after procedure
- Acupressure combs



## Breathing Techniques to Practice Before Your Appointment:

### *Belly Breathing*



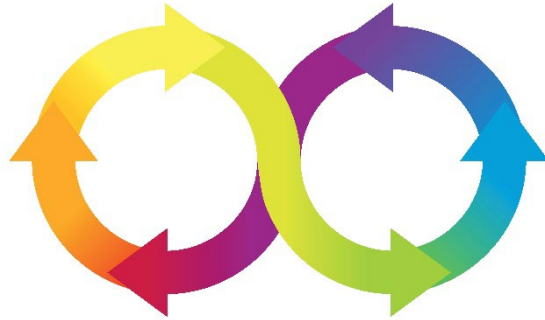
- 1) Sit or lay down in a comfortable position.
- 2) Place your hands on your belly with the tips of your fingers lightly touching.
- 3) Inhale slowly, focusing on moving your fingers apart as you breathe the air in.
- 4) Exhale slowly, feeling your fingers moving toward each other until they touch.

## ***Box Breathing***



- 1) Breathe in for a count of 4.
- 2) Hold for a count of 4.
- 3) Breathe out for a count of 4.
- 4) Hold for a count of 4.

### ***Lazy-8 Breathing***



- 1) Slowly breathe in while running your finger along one half of the “8”, and next...
- 2) Slowly breathe out while running your finger along the other half of the “8”.

### **Pharmacologic Comfort Strategies**

Some people may want to use a pain medicine for their procedure. There are different types of medicines that work to ease pain so please discuss this with your gynecologist, nurse practitioner, or nurse. As part of the IWK Adult Comfort Promise, we want to work with you to help you choose the most appropriate pain medicine for you during your procedure. Some of these medications may be prescribed for you to take before you attend your procedure, while others will be before and during. Most pain medicines will require an hour of monitoring afterwards, and you will need a drive home and someone to stay with you.

To find pamphlets related to your appointment, please go to <https://iwk.nshealth.ca/resources-and-documents>

QR code for video:



*\*This patient/family guide should not be used to replace advice from your health care provider(s).*

*\*Le présent guide ne devrait pas remplacer les conseils de vos fournisseurs de soins de santé.*

*\*Please, no scented products or fragrances at the IWK. / \* Prière de ne pas porter de parfum et de ne pas utiliser de produits parfumés au IWK.*

IWK Adult Surgery and Women's Ambulatory Clinics Halifax, NS

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