

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values:

- Compassion;
- Collaboration;
- Commitment;
- Confidence;
- Consistency.

BILIARY COLIC

What you need to know

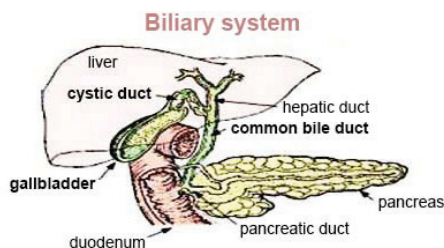


What is biliary colic?

Underneath your liver, there's a sac called the gallbladder, which collects the bile produced by the liver. Sometimes it can form stones of varying sizes; these are known as gallstones. Gallstones can move around inside the gallbladder and end up blocking the bile ducts (the tubes that bile travels through to the intestines). If the gallbladder is unable to drain itself, it starts to swell, which can cause excruciating pain. This is called hepatic, or biliary, colic.

What are the symptoms of biliary colic?

During an attack, you will feel an intense pain in your upper abdomen, mainly on the right side (under your ribs) and radiating to your shoulder and back. You may experience nausea and vomiting. Attacks happen most often after a meal and last anywhere from 15 minutes to four hours. The symptoms will disappear quickly as soon as the stone moves.



What are the risk factors for biliary colic?

- A family history of biliary colic
- Older age
- Obesity
- Sex (female)
- Diabetes and chronic inflammatory bowel diseases
- Certain medications

How is biliary colic diagnosed?

Sometimes the stones are discovered by chance, but most of the time, biliary colic is diagnosed during an attack. In that case, the doctor will order blood tests and an abdominal ultrasound (to see the gallstones and any possible complications).

How is biliary colic treated?

Attacks are treated with pain medication prescribed by a doctor. Based on your test results, symptoms, and health condition, the doctor will discuss possible treatment options with you.

One of the complications is acute cholecystitis—the inflammation sometimes associated with a gallbladder infection. It starts with a fever and abdominal pain that won't go away

Go to the Emergency department right away if you have:

- Fever higher than 38 °C (oral), chills, sweats
- A yellowish colour to your skin or the whites of your eyes
- Intense pain not relieved by pain medication
- Pain that lasts more than 12 hours

How to prevent biliary colic attacks?

- Avoid eating meals that are too heavy, high in fat, or low in fibre
- Drink alcohol in moderation
- Maintain a healthy weight
- Reduce the amount of animal fats in your diet (butter, cheese, eggs, fatty meats)
- Limit the amount of processed food you eat (ready-made meals, fried foods, cold cuts, etc.)
- Eat three meals a day as often as possible.

Resources

- You can call **Info-Santé at 811** at any time
- **Intake information**
(from 8 a.m. to 4 p.m., Monday to Friday, except holidays):
Hôpital Anna-Laberge | **Hôpital du Suroît**
450-699-2425, ext. 4383 | 450-371-9920, ext. 2835

References:

Canadian Liver Foundation – liver.ca
Hôpital du Sacré-cœur de Montréal – Centre affilié universitaire de l'Université de Montréal
Canada's Food Guide