



## WOMENS' HEALTH CENTRE

### TIME

- You will be phoned by your doctor's office with an appointment time and date for your procedure.
- ❖ Please report to the Admitting Department at Saskatoon City Hospital as instructed by your surgeon's office.
- You'll be asked to go to Women's Health Centre where you may need to give a urine sample. A gown, housecoat and slippers will be provided. A locker will be available for personal items.

### TYPE OF SEDATION

- You will be receiving local anesthetic and IV sedation. IV sedation is a combination of sedatives and pain medicine to help you relax and ensure you are comfortable during your procedure. Local anesthetic is freezing to a local area.

### WHAT DO I BRING

- Health card
- Completed pre-operative history and physical by your doctor
- list of medications
- lab work and test results
- *Do not bring credit cards or valuables.*

### FOOD/FLUID INTAKE

- No solid foods after midnight the day before surgery
- Nothing other than clear fluids after midnight and only clear fluids up to 2 hours before admittance (water, apple juice, non-alcoholic and carbonated beverages, clear tea and black coffee – sugar may be added to tea and coffee and 10ml(2tsp) of milk)

### PERSONAL PREPARATION

- Wear comfortable clothing
- Remove nail polish, jewelry and piercings
- Take medications as you normally would unless otherwise advised by family doctor
- If you have diabetes, please discuss preparation and medication with your family doctor

### TRANSPORTATION

- You must arrange for someone to pick you up at the Women's Health Centre and to drive you home. You will be unable to drive a motor vehicle for 24 hours following the procedure. Please have your contact available to pick you up 2 hours following your procedure. Free parking for 15 minutes is available for patient pick-up directly in front of the hospital.