

BELLEGROVE OB/GYN PRE-OP INSTRUCTIONS

- 1) Please arrive 15 minutes prior to your scheduled appointment time.
- 2) You will be given medicine by IV to help you relax and control discomfort. You will not be asleep; this is not general anesthesia.
- 3) Drink plenty of fluids the day before your procedure. This will make it easier to start your IV.
- 4) **YOU MUST HAVE NOTHING TO EAT OR DRINK FOR AT LEAST SIX (6) HOURS PRIOR TO YOUR PROCEDURE.** This is to prevent nausea/vomiting during the procedure. We may need to reschedule your procedure if you have taken anything by mouth less than 6 hours prior to your procedure.
- 5) If you have critical prescription medications that you would normally take in the 6 hours prior to surgery, take them with a small sip of water (blood pressure, antibiotics or seizure medications that are time sensitive, etc; not vitamins or other non essential medications or supplements).
- 6) You must have a ride home and your driver must meet you in the waiting room. We are not able to discharge you to ride a bus, or allow you to walk home. If you must take a cab, you will need to be accompanied by a responsible adult.
- 7) While the procedures are generally quick (5 to 15 minutes in length), please plan to be here for one to two hours to allow for preparation and recovery.
- 8) You may bring a support person with you. That person may be with you before and after your procedure, but not during the procedure.
- 9) You will be given written instructions/expectations following your procedure to take home with you.
- 10) Plan for a quiet day of rest following your procedure. Arrange to have your support person with you for the first twelve hours that you are home.
- 11) Wait until the day following your procedure to:
 - a) Drive a car
 - b) Make major decisions
 - c) Drink alcohol
 - d) Participate in activities requiring skilled physical or hand/eye coordination.