

How to Prepare for Your Gynecology Procedure

Procedure: Hysteroscopy Hysteroscopy with Endometrial Ablation Essure
 Colposcopy Loop Electrocautery Excision Procedure

Date & Time: _____

Arrive at the information desk inside the doors at the east main entrance of the hospital at 50 College Drive and a volunteer will guide you to the Day Surgery department on level 3 to register.

Please show up 45 minutes before your appointment.

For procedures: **Hysteroscopy with Endometrial Ablation, Hysteroscopy, Essure**

- Sedative and pain medication will be given to you for these procedures.
- You must **arrange for a ride home** on the day of your procedure otherwise the procedure will be cancelled.

Diet: Failure to follow the eating and drinking directions may result in your procedure being cancelled.

- You **cannot** eat after midnight before the procedure, this includes gum and candy.
- You may have clear fluids up until **4 hours** before your procedure (apple juice, water, black coffee or tea, jello, popsicles) **NO** orange juice, milk, cream, or alcohol.

EXCEPTION: For the following procedures only: **Colposcopy, Loop Electrocautery Excision Procedure (LEEP)** – eat a light nutritious meal before coming to the hospital.

For all procedures:

- Take a shower, wash your hair in the evening before or morning of your procedure.
- It is best **not** to smoke or drink alcohol for **at least 24 hours** before your procedure (Please speak to your doctor about programs or aids to help you stop smoking).
- Read education package if one was provided for your procedure.

Morning of Procedure

- Take medications as instructed by your physician with a sip of water.
- Remember to bring your: Provincial Health card, all medications in their original container or list of all medications.
- Do **not** wear perfume, make-up, nail polish, or other make-up when coming to the hospital.
- Please **remove** all jewelry and piercings before coming for your procedure.
- Please do **not** bring any items of value with you when you come for your procedure. (There is no secure lock up area available)
- If you are unsure or have questions about what to do – please call 474-8600 ext. 3800.

Following the Procedure

If you have **received sedation**, the effects of sedation may last for some time after you are awake and ready to go home, therefore:

- A responsible adult (escort) **must** be at the hospital to take you home. This escort must pick you up from the Day Surgery Department.
- If going home by taxi, you must have a responsible adult go with you.

For the next 24 hours you:

- ✓ **should** be in the care of a responsible adult
- ✓ **should not** drive or operate dangerous equipment
- ✓ **should not** drink any alcohol, or take any sedatives or tranquilizers (you can take the pain medication prescribed by your surgeon/physician)
- You may experience some muscle stiffness.
- Begin drinking clear fluids (water, apple juice) and start eating solids only if you are tolerating the fluids well.

If nausea or vomiting persists for over 12 hours, or you have severe pain or bleeding, call your family doctor or come to the Emergency Department.

Reminder

- If your health worsens and/or you are in contact with any communicable disease after you have received a date for your procedure – **contact your surgeons office immediately.**