

FEMALE STERILIZATION PROCEDURE  
PRE-OPERATIVE INSTRUCTIONS

Your surgery is scheduled for \_\_\_\_\_  
Day

\_\_\_\_\_, \_\_\_\_\_  
Date Time

1. Report any recent illnesses or suspected pregnancy if they have occurred since your last pre-admission exam.
2. You must have nothing by mouth (food or liquids) after midnight the evening before surgery is scheduled.
3. The evening before or the morning of surgery, bathe or shower. Shave off the top inch of your pubic hair.
4. If possible, have a bowel movement before coming to the clinic on your day of surgery.
5. Bring a first morning urine specimen with you. Please remember: no unprotected intercourse before your surgery.
6. Please wear or bring clean underpants and something warm for your feet.
7. Please bring a sanitary or "Maxi" pad with you on the day of surgery.
8. Someone MUST drive you home. The person who will accompany you home should be at the clinic to pick you up approximately 2 hours after your surgery is scheduled.
9. Please call us as soon as possible, if for any reason you cannot keep your surgical appointment. Failure to call or appear denies someone else a place on the schedule. It is alright if your period starts the week or day of your surgery appointment - you do not need to reschedule.
10. Please bring your payment in the form of a cashier's check, money order, Master Charge, Visa, Discover Card or cash. We will NOT accept personal checks.

If you are billing insurance for your surgery, please be advised that any amount not covered by insurance is your responsibility.

11. The amount you need to bring to your surgical appointment is : \_\_\_\_\_.