Preparing for Your Procedure

We recommend you make the following preparations **before** you come in for your abortion procedure:

1. A valid Picture ID is required for this procedure and you **MUST** bring it in for your appointment. If you are 17yrs old or less you can bring a school ID. Your parent/guardian **MUST** bring a valid picture ID and your birth certificate and/or guardianship information.
2. Purchase maxi menstrual pads. Tampons are not acceptable during the week after an abortion procedure.
3. Make sure you have underwear that will hold a menstrual pad. Wear a pair of these on the day of your procedure.
4. Have some ibuprofen available at home for after the procedure. You may want this later and not feel like going to the store.
5. You may want a heating pad or hot water bottle available for cramping.
6. Wear loose, comfortable clothing the day of the procedure.
7. Eat a small meal before you come to the clinic. We recommend you avoid spicy or heavy food. Cereal and milk, a small sandwich and fruit, or something similar would be a good choice.
8. No drugs, alcohol or other medications that might interfere with your ability to sign a consent form for 24 hours before your procedure. Drugs and alcohol might also interact with medications you will receive for pain.
9. If you will be taking an anti-anxiety or pain medication at the clinic you **MUST** have someone available to drive you home.
10. If you have a support person, they can come to the clinic with you. It would be good if they can plan to stay with you for an hour or so after the procedure, too.
11. Children are not allowed at the clinic so please make child care arrangements ahead of time.
12. Make a note of any questions you may have for the provider. Sometimes it’s difficult to remember things when you are stressed so writing them down will assure that all you questions are answered and you are comfortable with your decision.