



### **Preparing for your appointment:**

- If you are taking any medications for a chronic condition, please bring a list of your current medications to your appointment. Please take all of your medications as you normally would.
- We encourage you to bring anything that will help you feel comfortable before and during your appointment. This could include snacks, entertainment such as books or music (with headphones), or a sweater or sweatshirt.
- Your plan of care may include having blood drawn. Please be well-hydrated.
- Please contact us at least 24 hours in advance to cancel or reschedule your appointment.
- If you are late, we reserve the right to reschedule. Please leave yourself plenty of time to get here.
- We are able to see patients on a walk-in basis as clinic flow allows. If you have not made an appointment but would like to be seen, come to one of our clinics during open hours or call 518-434-5678. Please note walk-in availability cannot be guaranteed over the phone and we may not be able to accommodate every request to be seen same-day without an appointment. If you would like to schedule an appointment, you can do so online at [uhpp.org](http://uhpp.org) or over the phone by calling 518-434-5678.

### **IUC (intrauterine contraceptive) removal**

- If you are not trying to become pregnant, do not have unprotected sex within 5 days of your appointment.