



The  
Hampton Park  
Women's Health  
Care Centre

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## WHAT TO REMEMBER

This list is designed to help make things easier for you before your appointment for the procedure.

- My appointment time is at \_\_\_\_\_ on \_\_\_\_/\_\_\_\_/\_\_\_\_
- **CONFIRMATION:** Please ring or reply to our SMS on the day prior to your surgery to confirm whether you will be attending. If you cannot attend please let us know because other patients might need your appointment time and it might be given away if we do not hear from you.
- **FASTING:** You must not eat or drink anything for 5 hours before your appointment time. If you normally take medication please call and speak with our nurse to check if this is required or not. Please do not smoke for 4 hours before your appointment
- Bring your referral from your doctor if you have one. If not, then the details of the doctor you might wish to see for your check up would be helpful, so we can send him/her a letter and your results with your permission.
- You need a partner or friend to drive you home. You will not be allowed to drive for 24 hours after the operation.
- Bring along with you your Medicare card, pension card or private health fund details/ card. If you have private insurance please call the clinic during working hours before the day of the operation so we can check your details and confirm all is ok. And please bring PHOTO ID
- If you have evidence of your Blood Group such as a blood donor card, then bring this along.
- If you have already had a pregnancy ultrasound, then bring this along and any other tests your doctor might have done for you e.g. Your blood group.
- Bring along a "sensible" pair of underpants, big enough to fit a large sanitary pad for after the operation and please shower on the morning of your operation.
- Children should not attend as we do not have childminding facilities and other patients can find it upsetting. If this creates problems for you then please call us and we will try to organise your appointment at the end of the operating list