



THINGS TO REMEMBER

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- What will I need to remember?

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

- My appointment time is at _____ on ____/____/____.
- I must not eat any food, lollies, tick tacs, chewing gum or drink liquids other than water after _____ am/pm. (Rule is 6 hours.)
- No more water after _____ am/pm. (Rule 2 hours before appointment.)
- Do not smoke for 6 hours before your appointment
- You need a partner or friend to drive you home.
- Bring along with you your medicare card, pension card or private health fund details
- 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 eg. Your blood group.
- Bring along a gown and a "sensible" pair of underpants, big enough to fit a large sanitary pad for after the operation.
- Please shower or bath on the morning of your operation
- Children should not attend as we do not have childminding facilities. 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.

- Photo I.D is required on the day