

# Women's Health Centre

## PreProcedure Instructions

An appointment has been made for you at the Women's Health Centre (Unit 3C) at the Regina General Hospital on: \_\_\_\_\_ at \_\_\_\_\_.  
mm/dd/yr time

### Day of Your Procedure

Go to Admitting SWADD (System Wide Admission Discharge Department) to register before going to the Women's Health Centre. **Allow 30 minutes to register.**

The 15th Avenue Parking lot is closest to the Unit.

You can expect to be at the Women's Health Centre for 2 to 4 hours.

### Instructions

- **Do not** eat or drink anything after midnight the night before your procedure, except clear fluids, which are acceptable until 4 hours before surgery. Clear fluids are water, pop, apple juice, black coffee, and clear tea. **If you eat or drink anything outside these instructions you are at risk of having your procedure cancelled.**
- **Do not** use products with acetylsalicylic acid (ASA) for at least 3 days before your appointment date.
- Continue to take your other regular scheduled medication.
- **Do not** consume alcoholic beverages or street drugs for at least 24 hours before or 36 hours after your scheduled procedure.
- You may bath or shower the night before and/or in the morning of your appointment.
- You must arrange for a ride home because of the sedative medication you are getting. **Do not** drive any motor vehicle for 24 hours after any sedation.

### Bring:

- your health services card
- a book or something to read if you wish
- a list of your current medications including all over the counter and herbal medications
- if you would like, you may bring 1 support person with you to sit with you before and after the procedure.

If you have questions, call (306) 766-0586.



# Regina General Hospital Parking Map

Visitor parking located off 14th Avenue and 15th Avenue. Parking rates are posted on the lot kiosk.

