

Preparing for Your Outpatient Gynaecology Procedure

Patient Name: _____ **Doctor:** _____

Procedure Date: _____ **Procedure time:** _____

Please arrive 1 hour before your procedure time. Arrival Time: _____

Remember to complete your **laboratory test 3 to 5 days before your scheduled procedure.**

My Laboratory test date is: _____

Your procedure is at the St. Catharines Hospital Site: 1200 Fourth Avenue, St. Catharines, L2S 0A9

<https://www.niagarahealth.on.ca/site/st-catharines-site>

Parking:

There are 15-minute parking spots at the main entrance of the hospital for drop off and pick up. Your driver may park in Parking Lot A or Lot B at the hospital, for a fee.

Finding your way:

Enter at the Rankin Family Main Entrance. Turn left following signs to the Outpatient Clinic. Take the Outpatient Clinic Elevator to the 4th Floor.

Take a number and follow the directions to the waiting room.

You need a driver:

You may receive medicine that makes you sleepy. For your safety, you will need an adult you know to pick you up at the hospital and drive you home. Without this, your procedure will be cancelled. No taxi or bus. Your driver will get a call when you are ready to go home. This person must come to the 4th floor to pick you up.

Name and phone number of your driver is: _____

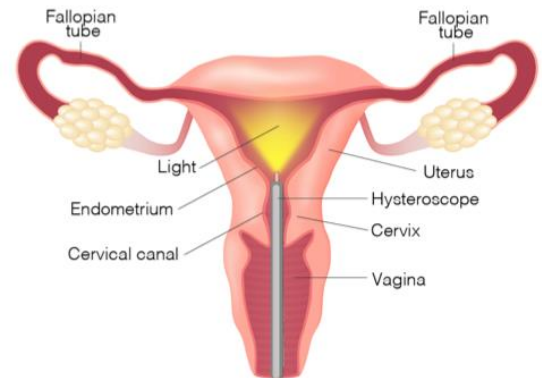
What do I need to do?

- Do not eat anything after midnight the day before your procedure
- Take your regular medication with a sip of water in the morning
- Bring a list of your medications
- You may drink clear liquids (No milk or cream) until 2 hours before your procedure
- Bring your own bag to store your clothes and belongings during your procedure
- Do not wear jewelry including body piercings, perfume, cologne or scented products

If you need to cancel your procedure, call the gynaecologist's office at _____

Your procedure:

- Hysteroscopy** is a way to look inside the uterus using a thin telescope-like instrument.
- Endometrial ablation** will decrease or stop uterine bleeding.
- LEEP (loop electrosurgical excision procedure)** will remove abnormal tissue from the cervix.
- Other:** _____



What to expect in the hospital

You will be awake but may be drowsy during your procedure. The procedure will take about 20 to 30 minutes. You will stay in the hospital for about 30 minutes to 2 hours after your procedure.

- you will change into a hospital gown
- a nurse will take your medical history which includes any allergies you may have, your last menstrual period, and what medicine you take
- a nurse will take your vital signs which are your breathing rate, temperature, pulse, blood pressure, oxygen and start an intravenous line (IV)
- You will walk into a procedure room. You may be given some medicine to help you relax and a local anesthetic to numb the area. In some cases, a sample will be taken and sent to the lab for testing (biopsy)

After your Procedure

When the procedure is completed, you will move to the recovery area. Your vital signs will be taken until you are ready to go home. The nurse will call your driver.

- You may have some cramping and discomfort in your pelvis. This should feel like menstrual cramps
- You may have some vaginal discharge or bleeding, which may be light spotting or menstrual-like bleeding
- A nurse will talk to you about what to expect at home. You will be given a handout to take with you