

Information for Your Procedure Appointment

Here are some important instructions for you:

- You may bring **one support person** with you to your appointment. They may stay in the waiting area. Please give us their name when you call to confirm your appointment;
- **No children** are allowed to come with you to your appointment;
- Most appointments are **4-5 hours** long. This allows for registration, counselling, the procedure, and the care before and after your procedure;
- If the ultrasound shows that you are 13- 16 weeks, you will require a medication called Cytotec to soften the cervix and make the procedure more comfortable. This appointment can take **4-6 hours** instead of 4-5 hours;
- The clinic offers methods of birth control such as **depo provera (\$30)** or **IUD insertion (\$50)** after procedure. Payment is by cash only. Please discuss your choice with the counsellor for additional information.

2 Days before the appointment

- Phone and confirm your appointment(s) two working days prior;
- **No aspirin, alcohol, or recreational drugs** for 48 hours before your procedure appointment (thins blood);

The Day of Your Appointment

- Have a bath or shower the day of your procedure appointment before coming to the clinic;
- Have a light meal the morning of your procedure appointment. You will be there for several hours. Avoid acidic (coffee, soda, fruit juices), heavy/greasy foods (bacon and eggs). Try tea/toast, muffin, etc.
- No dark nail polish on your fingernails, but clear/acrylic nails are ok (The finger monitor used cannot read through dark nail polish);
- No perfume, cologne, or scented products allowed in the clinic on clients or support person (may cause allergic reaction or contribute to nausea);
- Wear a short-sleeved shirt (for IV access) and comfortable underwear (no thongs). You will be given a pad to wear home;

After Your Procedure

- **No driving, bus rides alone, or walking home afterwards.** You must be driven home by someone or leave in a taxi.