

Are you having a procedure under sedation at Clinic 66?

□ Any procedure with intravenous sedation anaesthetic means that you need to have an empty stomach, and so you should:

- NOT eat any food during the 6 hours prior to your appointment
- Drink only water between 6 and 2 hours before your appointment
- Have nothing at all to eat or drink in the 2 hours leading up to your appointment (and this includes lollies and chewing gum). You should also not be smoking during this time.
- Take any regular medications with a small sip of water on the day of your procedure

□ If you have any PRE-EXISTING medical condition such as diabetes or heart disease, then PLEASE let us know so that a nurse can provide you with specific instructions, and we can also book you in at an appropriate time.

□ If you have a sedation anaesthetic, you cannot drive yourself home and you should not travel alone on public transport. You will need to organise for someone to drive you or escort you home.

□ For a female procedure -

Please bring along:

- 2 or 3 sanitary pads (light flow only)
- some photo identification- a driver's licence or passport
- your Medicare card
- warm, comfortable clothes and nothing that is too restrictive around the tummy.
- your support person can bring a snack, some food or drink for AFTER the procedure

□ For men having a vasectomy -

Please ensure that you have shaved around your scrotum!

Do not take aspirin or blood thinning medication for at least 10 days before your vasectomy procedure.

Please bring along:

- some photo identification- a driver's licence or passport
- your Medicare card
- comfortable clothes, no tight trousers
- supportive underwear- jocks, not shorts

You may also want to have a snack, some food or drink prepared for AFTER the procedure.