



Pre-operative Information

Prior to surgery:

1. Pre-register and have your blood work done at Good Samaritan Hospital. This can be done the day prior to surgery. Hospital bands will be placed on your wrist when you have your blood drawn that must remain in place until after your discharge.
2. Fill any medications that were given to you at your pre-op appointment. If you are having both ovaries removed, ask for an estrogen prescription so you do not experience menopausal symptoms.
3. Consider taking a stool softener 2-3 days prior to your procedure and after your procedure. Benefiber is a good fiber stool softener. If you are taking pain medication (narcotics), constipation is very common. Ibuprofen (maximum dose 2400 mg/day) taken with narcotics will increase pain relief without increasing the narcotic side effects (drowsiness, constipation).
4. If you are having a D&C as an outpatient, you may have been given Misoprostel tablets. The tablets will help soften and dilate your cervix to facilitate the procedure. The tablets should be placed deep in your vagina near the cervix at least 6 hours prior to your surgery. Misoprostel tablets may cause cramping or bleeding while in place. With a D&C, you may use Ibuprofen to help with the cramping. Any medication taken on the day of surgery should be taken with only a sip of water.

Day of Surgery:

1. Please remain npo (no food or water by mouth) after midnight unless the anesthesiologist or your surgeon tells you otherwise. The anesthesiologist will usually call on the evening prior to surgery to discuss your health and the anesthetic.
2. If you take any medications in the morning on a regular basis (such as for blood pressure control), please take this with a sip of water on the day of your surgery.
3. If you have been given medication to relax you (Valium, Ambien) or medication to prevent nausea (Scopolamine patch, Zofran) by your surgeon, you make use this on the night prior to surgery and the day of surgery. Please inform the anesthesiologist that calls you that you have the medication and would like to use it.
4. Check in 2 hours earlier than your surgical time for Good Samaritan Hospital (one hour for the surgery centers). Please check in at the time given to you by Los Olivos (not the hospital or anesthesiologist).
5. Bring any medications you normally take with you to the hospital in their original bottles. You may also want your bathrobe, slippers, comfortable sweats, IPOD, and other things for comfort.