



In Office Procedure – Pre-Procedure Instructions

Making sure you are not pregnant:

- We will perform a urine pregnancy test on the day of the procedure. It is important to not have any **unprotected sex 2 weeks prior** to your procedure. If you have had unprotected sex within 14 days of the procedure, it likely will need to be rescheduled.
- If you are using a reliable form of birth control this is considered to be protected sex. Examples of reliable birth control:
 - Tubal ligation, vasectomy, removal of both tubes
 - IUD that is not expired
 - Birth control pills, patch, rings, shots without missing a dose.
 - Condoms with every sexual encounter
 - Sex with only female partners
 - Prior hysterectomy
 - Menopause

Driving: You will be able to drive before and after your procedure. If you were given a prescription for Valium (or similar medication) to take before your procedure, you will need to have someone drive you.

Eating and Drinking: Eat and drink as you normally would. It can be helpful to prevent you from getting lightheaded during your procedure if you have had normal meals and snacks.

Medications: It is okay to take your medications as normal prior to your procedure. It may be helpful to take a dose of Motrin (Advil, Ibuprofen) and/or acetaminophen (Tylenol) prior to coming in for your procedure.

If your in-office surgery will be with anesthesia, please note the following **ADDITIONAL instructions.**

- Nothing to eat for 8 hours before surgery.
- Small amount (8oz) of clear liquid up to 3 hours before surgery
- You must have someone come with you for procedure and drive you home.
- Complete your Covid test at a Sparrow lab no more than 72 hours before surgery.
- Take your medications as normal, unless otherwise told by physician.
- You should not take Motrin (Advil, Ibuprofen) just before appointment. You may be offered a similar medication following the procedure.
- Review full handout from Alliance for “In-Office Procedures with Sedation”.