



Instructions for In Office Procedure

These instructions are for people having a procedure in the office that does not involve our anesthesia team or in office surgery. If you have having in office surgery with sedation – please see your preop packet for instructions.

Making sure you are not pregnant:

- We will perform a urine pregnancy test on the day of the procedure. It is also 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

Pain control: If you have concerns about discomfort or anxiety during your procedure, we do have nitrous, laughing gas, available. There is a charge to use this. Please let us know prior to your appointment so we can schedule you with nitrous.

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. If you are using nitrous (laughing gas) for your procedure, you will be able to drive yourself home.

Eating and Drinking: Eat and drink as you normally would. It can be helpful to prevent you from getting light headed 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.