

Pre-op Information

Prior to surgery:

1. Pre-register and have your blood work done at Good Samaritan Hospital (take pink pre-op orders). This can be done the day prior to your surgery. Hospital bands will be placed on your wrist 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, consider asking for an estrogen prescription so to help avoid menopausal symptoms. If you have an estrogen patch in the hospital, it can be removed when you start oral estrogen replacement.
3. Consider taking a stool softener 2-3 days prior to your procedure and after your procedure. If you are taking pain medication (narcotics), constipation is very common. Colace, Fibercon, and Metamucil are common stool softeners. Ibuprofen (maximum dose 2400 mg/day) taken with narcotics will enhance pain relief without increasing the narcotic side effects (drowsiness, constipation). You may start the Ibuprofen after your procedure.
4. If you are having a D&C as an outpatient, you may have been given Misoprostel tablets. These tablet(s) (usually one or two) are to be placed by you deep into your vagina next to your cervix. The purpose of the tablets is to soften and help dilate your cervix so the procedure is safer for you. The tablets should be placed at least 6 hours prior to your surgery. They may cause some cramping or bleeding - use Ibuprofen with a sip of water to control these symptoms.

Day of Surgery:

1. Please remain npo (no food or water by mouth) after midnight unless the anesthesiologist or your surgeon tells you otherwise.
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 may use this on the night prior to surgery and/or the day of surgery. Please discuss with the anesthesiologist when he/she calls.
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.
6. If you have signed a tubal sterilization consent or hysterectomy consent, take this to the hospital with you and give it to the pre-op nurses.