

## Pre-surgical Instructions For First Trimester Abortion

### Prior To The Procedure Day

- Nothing to eat or drink after midnight the night before the procedure, including mints and gum. Do not smoke after midnight as well.
- If you need to, you may take small sips of water only up until 6:00 a.m. the morning of the procedure.
- If you are taking prescription medicines, it is okay for you to take them at your normally scheduled time with a small sip of water.
- No recreational drugs, alcohol or aspirin products for 48 hours prior to the procedure.
- **If making payment with health insurance, call our Center the day before your procedure to verify insurance coverage.** Don't forget to also bring your insurance card with you on the day of the procedure.

### On The Day Of The Procedure

- Do not wear any make up, nail polish, jewelry or body lotion. If you have long nails, cut one nail short on your right hand.
- Remove any facial piercings to include tongue, chin, nose and lip piercings and hair extensions.
- Wear comfortable clothes and bring a pair of warm socks and comfortable panties with you.
- Bring only ONE escort with you. And, out of courtesy to other clients, do not bring any small children with you. We do not have childcare available.
- We do not allow any large bags, food or drink in our Center. All cell phones must be turned off while you and your escort are in our Center.
- Plan on being at our Center about 3 to 4 hours.
- If having anesthesia, arrange to have someone pick you up – you will not be allowed to drive yourself home. We can assist you with taxi arrangements.
- Bring photo identification with your date of birth on it. If you are in the U.S. Military, bring your Military ID. If you have Medical Assistance, bring your card with you. If you are using health insurance, bring your insurance card with you.
- If you are making payment on your own, be aware that we do not accept personal checks. Payment can be made by cash, money order and credit cards. We do not accept American Express.
- We have anti-choice protestors outside of our Center. Be assured we have excellent security systems because your safety and comfort is our number one concern. You won't have to walk past any protestors – you will drive past them into our private parking lot. **BEFORE** you get out of your vehicle, our security guard will check to make sure your name is on the list of who to expect that morning. Our security guard wears a professional uniform and should be easy for you to identify. Have a **PHOTO ID** ready to show to the guard, who will then give you and your escort visitor's passes to enter our Center. Protestors can say mean-spirited things and can also have graphic signs.