

**Women's Medical Center of Rhode Island  
1725 Broad Street, Cranston, RI 02905**

**401.467.9111; 800.877.6339**

## **Pre-surgical Instructions For Two-day Second Trimester Abortion**

### **Day One Of The Procedure – Insertion of Cervical Dilator(s)**

- You may have breakfast on the day cervical dilators are inserted.
- If you are taking prescription medicines, it is okay for you to take them at your normally scheduled time.
- 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 appointment to verify insurance coverage.** Don't forget to also bring your insurance card with you on procedure Day 1.
- 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.
- 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 2 hours.
- 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.
- You can drive yourself to and from your appointment on Day 1. On Day 2 you will need to have someone pick you up because you will be having general anesthesia.
- 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.

### **What To Do Overnight To Prepare For Day 2 Completion Of The Procedure**

- While not required after insertion of cervical dilator(s), it is a good idea to have someone with you during the night.
- Rest is encouraged. Avoid standing on your feet for long periods of time or lifting anything over 15 pounds.
- Do not insert anything into your vagina, including no sexual intercourse or tampons. You may shower and we encourage you to do so. Please avoid tub baths.
- Do not insert anything into your vagina, including tampons and no sexual intercourse. You may shower and we encourage you to do so. Please avoid tub baths.
- You may take Tylenol for any cramping and discomfort. Do not take any aspirin products, Advil or Motrin.
- Drink plenty of fluids up until midnight.

- Do not eat or drink anything after midnight and do not smoke. It is important to keep your lungs free of smoke for as long as possible before receiving anesthesia.
- While not likely, your cervical dilator(s) may fall out on the morning of your surgery. Do not panic – this is okay.
- 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.
- You will be having general anesthesia and will need to arrange to have someone pick you up – you will not be allowed to drive yourself home. We can assist you with taxi arrangements.
- 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.

**IF YOU HAVE HEAVY BLEEDING OR SEVERE PAIN OVERNIGHT BETWEEN DAY 1 AND DAY 2, CALL OUR CENTER IMMEDIATELY AT 401.467.9111.**