

Further information about your procedure can be found in the factsheet provided by your clinician – this document provides information about the sedation (anaesthetic) ONLY.

INSTRUCTIONS FOR YOUR PROCEDURE

For any procedure with sedation (or anaesthetic) you need to have an empty stomach. This means that you:

- DO NOT EAT any food for 6 hours before your appointment – this includes lollies and chewing gum
- You may drink WATER ONLY from 6 hours before your appointment
- DO NOT DRINK ANYTHING in the 2 hours before your appointment – this includes water
- DO NOT SMOKE for 2 hours before your appointment
- You should take any regular medications with a small sip of water on the day of your procedure at the usual time

If you eat or drink too close to your appointment time, your procedure may not go ahead.

If you have any PRE-EXISTING medical conditions, such as diabetes or heart disease, then please let us know so that a nurse can provide you with specific instructions and we can book your appointment at an appropriate time.

If you have sedation, you CANNOT drive yourself home and you should not travel alone on public transport. You will need to organise for someone to drive you or escort you home.

Please bring the following with you on the day:

- Photo identification – e.g. drivers license or passport
- Medicare card (if you have one)
- Warm comfortable clothes and nothing that is too restrictive around the tummy
- Your IUD for your procedure <delete if not applicable>

Your support person can bring a snack, some food or drink for you for AFTER the procedure.

WHERE DO I GO?

Your procedure will be performed at the Family Planning Day Surgery Unit located at 8 Holker St, Newington NSW. The entrance to the facility is at 10 Avenue of the Americas.

- Family Planning NSW Newington features ample client parking. Via public transport, the new site is connected by multiple bus routes that will drop you at the Avenue of Africa before Holker Street bus stop, less than 150 metres from the clinic.
- By train, the closest stations are Sydney Olympic Park train station and Rhodes train station. You can take the 525 or 526 bus from these locations directly to the clinic. From Auburn train station, you can take the 544 bus directly to the clinic.
- Some clients may also like to take the Parramatta Ferry to the Sydney Olympic Park Wharf and take the 526 bus from there to our Newington facility.



WHAT TIME DO I NEED TO BE THERE?

Your appointment is on _____, ____/____/____ at ____:____ am/pm