

# FACTSHEET: Female Procedures Under Sedation

Thanks for choosing Clinic 66 to have your procedure.

We strive to give our patients the best possible experience and care while you are with us. If we don't hit that mark, we would like to hear from you, to find out how we can be better.

We have male and female doctors on our staff. Please let us know if you have a preference.

We take payment before your procedure, as we need you to be fully aware of what you are paying for. It is not reasonable to take payments after a patient has had a procedure and/or sedation drugs.



## What to bring with you.

- Comfortable loose-fitting clothes.
- 2-3 sanitary pads (light flow).
- Your Medicare card and a form of photo identification e.g. driver's license, passport.
- A snack and/or drink for after the procedure.
- Something to read e.g. a book. There may be some waiting time.
- Please DO NOT bring children or pets to the clinic.
- Please bring a face covering and wear it throughout the time you are inside the building.

## On arrival at the clinic.

- Please go straight to the front desk and notify a member of the Customer Service Team that you have arrived. They will need to check your details and your temperature.
- The waiting room is small, so we respectfully ask you not to bring support people to wait with you. *Exceptions to this are minors or young people and people with a disability who need support.* This helps with physical distancing and patient privacy.
- You can use your mobile phone while you are in the reception area but please do not speak into it and make sure it's "on silent".
- Please protect our client's privacy; Photographs must NOT be taken whilst in the clinic.
- Please do not eat or drink while you are in the waiting room.
- We do have a patient toilet which is located behind the reception area.

## How to prepare for your appointment.

- Tell us when you make the appointment if you have diabetes or other significant medical condition. This will enable us to book you in correctly.
- You must be fasted, which means no food for 6 hrs. prior to your appointment but you should drink water up to 2 hours before your appointment, so you don't get dehydrated.
- Take any regular medications on the morning of your procedure with a sip of water.
- You must make arrangements to be driven home. You cannot drive yourself or get public transport after an anaesthetic.
- Don't make plans to go to work after a procedure.

## Seeing the nurse.

- The nurse will call you in for an initial assessment. She will introduce herself and ensure all your details we have on file for you are correct. Please inform the nurse if you do NOT wish to have SMS or mail communication.
- The nurse will undertake some routine observations such as blood pressure, pulse and possibly a urine test.
- The nurse will introduce you to the consent form, pathology request form, and explain risks and complications of your procedure. Any queries arising from this discussion should be taken to the procedural doctor who will do your procedure.
- The nurse will explain any after care instructions, if a follow up appointment is required and how to get in touch with us if you need to make contact in an emergency.
- The nurse can answer many of your questions.

## Seeing the doctors.

- The procedural doctor will see you to confirm your suitability for the procedure and this may include an ultrasound scan.
- The doctor will discuss with you any requirements for pathology tests.
- The doctor will go through the consent form with you, listen to any concerns that you have and answer any questions.
- If you are having sedation, the anaesthetic doctor (seditionist) will undertake an anaesthetic assessment.

## Waiting for your procedure.

- After seeing the doctor, you may go back into the waiting room to make payment.
- Please be patient; we try to run on time but often there are delays due to the nature of our work. We encourage you to bring a book to read for any waiting time.
- You will be taken through to the procedural areas to get changed.
- When you are changing into a gown please do not wear long sleeve tops as the sedation doctor will likely need to find a vein in your arm, so long sleeve tops should be avoided.
- Remove your clothes, keep on your undergarments, and have the opening at the back.
- Please put on the hat to cover all the hair on your head.
- *(Hats and gowns are to reduce the risk of germs being introduced to the clinical areas)*
- Please go to the bathroom to empty your bladder before your procedure.

## Going in for your procedure.

- The procedural area is very bright.
- There will be one or sometimes 2 nurses to greet you and help you get comfortable.
- The sedationist will insert a tiny cannula in your arm and give you some medication into the vein.
- You will wear an oxygen mask, which replaces your face covering. Your face covering will be replaced for you after your procedure.

## After your procedure.

- You will be transferred onto a recovery trolley and looked after by a recovery nurse until you are well enough to get yourself dressed.
- After about 10 minutes, you will be moved into chair in stage two recovery where you can have something to eat and drink before you go home.
- It is fine for you to bring your own (cold) food and drink to have after the procedure
- If you have special dietary requirements or preferences, we encourage you to bring your own snacks.

## Recovery.

- The recovery time is variable depending on the procedure that you have had.
- The procedural doctor may or may not see you before you go home
- When you leave the facility, you should feel comfortable and well enough to go home.
- You should go home to a place of safety and preferably have someone with you overnight.
- If you are in discomfort, we may give you extra medication until you feel well enough to go home.
- You MUST have someone to drive you; you cannot leave alone or go on public transport.
- Please tell us if you prefer to leave the clinic via the rear entrance (there is a separate exit from the recovery area out onto Bertram Street) This will avoid you going back into the waiting area.
- We will call your support person to collect you before you are ready to go unless you tell us otherwise.
- The recovery nurses will give you discharge instructions, invoices and a letter for your doctor, and any arrangements for aftercare.
- We are happy to receive feedback about any aspect of our service.