

Jeri Shuster, M.D., P.A.
and Women's Center, Inc.

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PROCEDURE DOS AND DON'TS

PLEASE DO THE FOLLOWING:

- 1.** Come into the office well nourished and well hydrated. Eat and drink plenty the morning of the procedure so that you are not weak or lightheaded (please remember that caffeine will actually dehydrate you so avoid excessive coffee that morning).
- 2.** You will need to take the following medication, _____ mg when ready to leave home or work. If you are allergic, sensitive or you avoid this class of medications due to drug interactions, you may take 2 Tylenol 325 mg tablets instead.
- 3.** If you require antibiotics prior to dental procedures (e.g. mitral valve prolapse with mitral valve regurgitation or history of prior joint replacement surgery), take the prescribed antibiotic when you arrive at the office for your procedure.
- 4.** Try to schedule the procedure when you anticipate that you will not be bleeding. For premenopausal women, the ideal time for this procedure is the week after your menstrual period has ended. (We realize that ideal timing is not always feasible). If you are taking hormonal contraception, any time of the cycle is equivalent except during menses.

PLEASE DO NOT DO THE FOLLOWING:

- 1. DO NOT take** any aspirin or aspirin-containing products **for 2 weeks prior** to your procedure. Likewise, any blood thinning medications (e.g. Coumadin, Plavix, etc.) should be discontinued in accordance with my instructions along with the instructions of your Primary Care Physician.
- 2. DO NOT** worry too much in advance of this procedure. It is almost always much easier than anticipated.

Jeri Shuster, M.D.

