

Michael J. Benjamin, MD, FACOG

7777 North University Drive, Suite 102

Tamarac, FL 33321

Hours: Monday – Friday 8:30am – 5:00pm and Saturdays 8am – 12pm

Ph: (954) 720-7777 | Fax: (954) 726-2896

After Hours, for **Emergencies only**, call: 954-790-7770

Laminaria & Pre-Operative Instructions

Today you have had one or more laminaria (dilators) placed in the natural opening to the uterus. This will dilate and soften your cervix, making the procedure as safe as possible. If you are having a three day procedure, then this placement of laminaria will occur tomorrow as well.

Cotton gauze sponges have been placed in the vagina, like a tampon, and may have been coated in betadine (an antiseptic) which will cause them to have a brownish color. It is important that you do not pull on the sponges. If they begin to fall out from the vagina, gently push them back inside. If the sponges fall out, do not be alarmed, put them in a plastic bag and bring them with you to your appointment tomorrow. **IF THE LAMINARIA FALLS OUT, CALL OUR OFFICE IMMEDIATELY. IF IT IS AFTER HOURS, CALL OUR EMERGENCY LINE.**

As your cervix dilates, you may experience cramping. These cramps may be mild, or may become more intense. Many factors will influence the level of discomfort that you feel. You may take the prescription pain medication to relieve the discomfort. It is normal to experience some nausea and even vomiting. Most patients do not complain of this symptom, but do not be alarmed if it happens to you. **IF THE PAIN INTENSIFIES, AND YOU BEGIN TO HAVE CONTRACTIONS, CALL US RIGHT AWAY. IF AFTER HOURS CALL OUR EMERGENCY LINE.**

You may shower as normal, but do not take a tub bath, or insert anything into the vagina after the laminaria appointment. Under no circumstances should you remove the laminaria. Once it is inserted, that is the start of the procedure and you **CANNOT CHANGE YOUR MIND.**

You may experience some spotting tonight. It is possible to have a watery discharge. Both are normal. **IF YOU HAVE VAGINAL BLEEDING HEAVIER THAN A NORMAL PERIOD, OR ABUNDANT WATERY DISCHARGE, CONTACT US IMMEDIATELY AT OUR EMERGENCY NUMBER.**

IT IS VERY IMPORTANT YOU HAVE NOTHING TO EAT OR DRINK FOR 8 HOURS PRIOR TO YOUR PROCEDURE. However, if you are experiencing discomfort, or if you are taking prescribed medication, and have been told by our office you can continue to take it until your procedure, then do so with a small sip of water only. If you are diabetic, or if you are taking additional prescription medication, make sure you have been instructed on how and when to take your medications between now and your procedure.

As you will receive anesthesia and be too sleepy to drive upon discharge, you will not be able to drive after surgery. You are required to have a **KNOWN COMPANION PROVIDE YOU WITH SAFE, RELIABLE TRANSPORTATION TO AND FROM OUR OFFICE.** Please allow approximately 3-4 hours at our office. Advise your companion to pick you up on the north side of the building where the orange parking cones are. They may call our office to notify us of their arrival.

You have been given an antibiotic, or a prescription for one, to start taking today. Take the medication as prescribed until completely gone. It is NOT necessary to take the medication within the eight hours of fasting.

Laminaria Day 2 (if Needed Only) Appointment Date: _____ **Time:** _____

Surgery Date: _____ **Time:** _____

Remember do not eat or drink for 8 hours before Surgery Appointment