



Atlanta Women's Center

235 West Wieuca Road, Atlanta, GA 30342 (404) 257-0057

INSTRUCTIONS FOR PATIENTS RECEIVING OVERNIGHT LAMINARIA

1. YOU MUST STAY IN THE ATLANTA AREA following the laminaria insertion and during the evening before your scheduled morning appointment of the completion of the abortion procedure.
2. YOU MUST HAVE SOMEONE WITH YOU AT ALL TIMES; staying with you between parts one and two, accompanying you to and from the Center, and stay with you until after the second part is completed.
3. We recommend you rest as much as possible during the evening before your morning appointment. Do not insert anything into your vagina after the laminaria is inserted, e.g. no intercourse, no tub baths, no tampons. Avoid standing on your feet or lifting anything over 15 pounds.
4. IF YOU EXPERIENCE ANY OF THE FOLLOWING CALL THE ATLANTA WOMEN'S CENTER IMMEDIATELY AT (404) 257-0057: BLEEDING, SEVERE CRAMPING, A SUDDEN GUSH OF CLEAR FLUID, OR LOSS OF THE LAMINARIA. Our physician will evaluate this immediately. There is a risk, although extremely rare, of experiencing a spontaneous abortion before your scheduled appointment. The symptoms above are some of the signs that this may be happening.
5. AFTER MIDNIGHT, YOU MUST BE NPO (shorthand for "nothing by mouth"). THIS MEANS YOU CANNOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE DAY OF YOUR APPOINTMENT: (**NO smoking, chewing gum, water, ice or mints – nothing past your lips after midnight and NOTHING SWALLOWED**). If you take special medications, check with us first before taking them.
6. We have given you an appointment time for the second part of the procedure. It is extremely important that you return to the Center at that time. **FAILURE TO RETURN FOR YOUR APPOINTMENT RELEASES THE ATLANTA WOMEN'S CENTER FOR ANY FURTHER RESPONSIBILITY.**