



Labor & Delivery Appointment Reminder/Instructions Sheet

Patient Name: _____

You are scheduled for the following procedure at INOVA Fair Oaks Hospital:

Gel _____ Cervadil _____

C-Section Induction Cerclage Version

On: Date/Time _____ Arrival Time _____

With:

Dr. Anderson Dr. Bruchalski Dr. Cvetkovich Dr. Fisk Dr. Pereira Kim Terhune

- **Cesarean Sections:** You cannot have **anything** to eat or drink for 8 hours prior to your scheduled procedure. Doing so will result in the delay or rescheduling of your procedure. You are to arrive for your appointment 2 hours prior to your appointment time, and may proceed to the 3rd floor to check in with the secretary at the Labor and Delivery desk. You must have a photo ID and your insurance card with you.
- **Inductions:** You may have a **light** breakfast** before heading to the hospital. You are to arrive for your appointment a 1/2 hour prior to the scheduled time of your appointment, and may proceed to the 3rd floor to check in with the secretary at the Labor and Delivery desk. You must have a photo ID and your insurance card with you. ****If you are attempting to VBAC (a vaginal birth after having had a cesarean section) you are to fast beginning at midnight, the evening prior to your scheduled induction).**
- **Cerclages & Versions:** You cannot have **anything** to eat or drink for 8 hours prior to your scheduled procedure. Doing so will result in the rescheduling of your procedure. You are to arrive for your appointment 2 hours prior to your appointment time, and may proceed to the 3rd floor to check in with the secretary at the Labor and Delivery desk. You must arrange to have someone accompany you and drive you home afterwards.
- **Gels:** You should not have dinner before going to your appointment for the gel. You may eat following the procedure as permitted by the physician or following discharge. You are to arrive for your appointment a 1/2 hour prior to the scheduled time of your appointment, and may proceed to the 3rd floor to check in with the secretary at the Labor and Delivery desk. We suggest that you pack your overnight bags in the event that you are admitted following the procedure.
- **Cervadil:** You should have dinner 2-3 hours prior to your appointment time. Pack your bag and plan to spend the night as this procedure is inpatient. Your induction will start the next day.

For more information, please contact Sue at 703-273-9440 x306