

ALLEGHENY REPRODUCTIVE HEALTH CENTER, INC.
APPOINTMENT DAY INSTRUCTIONS – PLEASE READ CAREFULLY

General Appointment Information

- ***Please be on time.** Before you leave home, make sure you have directions and our address. Allow extra time if you're unfamiliar with the area or are coming on a weekday morning.
- *You and your guest will be here up to 6 hours
- *Patients must have photo ID and proof of age. Guests must have photo ID
- *Cell phones, cameras, and any weapon like objects are not permitted in our building
- *We accept money orders, credit/debit cards. We do not accept cash, checks or American Express
- *If you're using someone else's credit card, either that person needs to come with you or they must complete the Credit Card Authorization Form found on our website.
- *Bring quarters for metered parking

If You Are Having a Surgical Abortion Awake

- *Try and eat a light breakfast
- *Dress in loose comfortable clothing
- *You must wear underwear that will support a pad. You can bring pads with you if you wish.
- *If you are getting Valium before your procedure, you must have someone with you who will stay for the entire visit and sign a statement verifying that they will get you home safely.

If You Are Having a Surgical Abortion Under IV Sedation

- *You must not eat or drink anything after midnight, the night before your abortion. This includes water, gum, mints, candy, anything! If you take a prescribed medication, we may want you to take it with a small sip of water. Please check with one of our staff for instructions.
- *If you smoke, no smoking after midnight.
- *No alcohol or marijuana within 24 hours of your appointment
- *No street or recreational drugs for one week prior to your appointment
- *Dress in loose comfortable clothing and flat shoes
- *You must wear underwear that will support a pad.
- *You must have someone with you who will stay for the entire visit and sign a statement verifying that they will get you home safely.

If You Are Having the Medication Abortion

- *Try and eat a light breakfast

If You Are Having Overnight Dilators Inserted

- *You may eat a light meal before your appointment
- *Our guard may not be at the door. Please press the button on the wall inside the entrance.

Call us if you have any questions about these instructions