

# Tubal Ligation Surgery Checklists

## Appointments with your surgeon and Hospital

- ☐ Medication Names (everything, including vitamins)
- ☐ Allergies (especially medically related)
- ☐ List of Pre-Existing Conditions
- ☐ Reproductive Health History
- ☐ Timeline of your last 3 Periods
- ☐ Surgical History

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## Surgery Day

- ☐ Snack before fasting.
- ☐ Shower
- ☐ Shave (if necessary)
- ☐ Juice at recommended time.
- ☐ Something to keep you busy.
- ☐ Phone charger
- ☐ Blanket
- ☐ Snack for when you're okay to eat.
- ☐ Someone to drive you home and care for you.
- ☐ Money for Parking

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## Recovery

- ☐ Book at least 2 recovery days if you have a light job.
- ☐ Book at least 10 recovery days if you have a physical job.
- ☐ Sleep lots
- ☐ Do NOT strain your stomach.
- ☐ Keep your incisions dry.
- ☐ Change your bandages on the recommended schedule.
- ☐ Keep within reach:
  - ☐ Heating Pad
  - ☐ Favourite Foods
  - ☐ Favourite Media
  - ☐ Probably your childhood plushie
  - ☐ Someone capable of driving you places if necessary.