

ENDOMETRIAL ABLATION INSTRUCTIONS

You are having a procedure to destroy the lining of your uterus to help control your heavy menstrual bleeding.

Before the procedure:

if done in the office without IV sedation -EAT NORMALLY. You will tolerate the procedure and the medication better if you are well hydrated and have had your normal meals for the day. You will need to take some ibuprofen (600mg) or aleve (500mg) prior to coming into the office.

if done with IV sedation or in the operating room: Do not eat for at least 8 hours prior to the procedure

Once you arrive at the office, you will be asked to sign your consent forms. You will then be given medication by mouth to both reduce the pain of the procedure and to relax you so you can tolerate the procedure better.

During the procedure:

You can bring headphones and listen to music if you like. You will be lying down in a private exam room. Your physician will come in and apply some medication to your cervix. You will then be allowed to relax for another 10-20 minutes while the medication sets in your cervix. Your physician will then perform your ablation procedure. You can expect some cramping at the time of the actual ablation. A heating pad will also be provided for your comfort.

After the procedure:

You will be observed for a short time in the office and then will be escorted by wheelchair out of the office. You must have someone else drive you home. You will be given a prescription for pain medication and a follow up appointment. Often you will be pain free when you leave the office. The pain medicine wears off in about 6 hours so be prepared to take some medicine if needed.

Once you are home, you can take your pain medication as needed. You can also use a heating pad on your abdomen or low back as needed. You will likely have some vaginal discharge that can vary in amount over as much as 2 weeks. The discharge can be mucous-like, watery, or bloody. It sometimes has a brown color for the first day due to the medication used to cleanse your cervix for the procedure.

You should avoid any strenuous activity for 24 hours after the procedure.

You should avoid anything in your vagina until you see your physician for follow up. This includes any intercourse, tampons, or douching.

You should contact the office immediately at **615-778-0010** if you have bleeding heavier than your cycles, unexplained fever, excessive pain, difficulty with bowel movements or urination, or a discharge that looks like pus or is foul-smelling.