

Sample C

Endometrial Ablation

Preparation

- Normal diet – you should eat a light meal a few hours prior to the procedure.
- A laminaria cervical dilator may be inserted at your pre-op appointment by the doctor or
 - Place one Cytotec® 200 mcg tablet deep into your vagina @ bedtime tonight.Afterwards you may experience cramping or light vaginal bleeding (Take ibuprofen (Motrin®) 600 mg [3 over-the-counter 200 mg tablets] every 6 hours as needed for cramps).
- Take your 1st tablet of ciprofloxacin XR 500 mg the morning of your procedure (antibiotic to prevent infection).
- Take ibuprofen (Motrin®) 800 mg [4 over-the-counter 200 mg tablets] 2 hours before your appointment @ _____
- Take 1 2 tablet(s) _____ 1 hour before your appointment @ _____
- Optional if concern about nausea* — Take 1 tablet of Phenegran® 25 mg 1 hour before your appointment @ _____
- Place 2 tablets of Halcion® (Triazolam) 0.25 mg *under your tongue* 30 minutes before your appointment @ _____

Post Procedure Care

- Have someone drive you home.
- Do not drive, operate potentially dangerous machinery, sign legal documents or make critical decisions the day of the procedure. You may resume regular activities the following day.
- Take ibuprofen (Motrin®) 600 mg [3 over-the-counter 200 mg tablets] every 6 hours *around the clock* on day of treatment, and thereafter as needed for cramps.
- Additional pain medication such as Vicodin®, codeine or Percocet® will be prescribed. If necessary, take 1-2 tablets every 3 to 4 hours as needed for discomfort.
- A heating pad placed on your lower abdomen can also help reduce cramping.
- Continue to take ciprofloxacin XR 500 mg once a day to complete 3-day course of antibiotics.
- Expect vaginal discharge beginning soon after the procedure – it will continue for 2 to 3 weeks.
- You may bathe or shower as you wish without restrictions.
- Do not place anything in your vagina (eg, Tampon, intercourse) for two weeks.
- Return for check-up visit 3 weeks after the procedure. A second follow-up visit will be scheduled at 3 months to determine the success of your endometrial ablation.
- Report any unusual symptoms. Call if temperature is over 100 degrees, if bleeding heavier than normal, or if you develop unusual pelvic pain or discomfort.

What you can expect after endometrial ablation...

You may experience menstrual-type cramping immediately after the procedure. This is typically strongest the day of the ablation, and decreases thereafter. You can take any over-the-counter medications you would normally use for your cramps. Try Motrin® and a heating pad. In addition, you may use the prescription pain medication.

You will have vaginal discharge. Initially it may be bloody or pink for the first few days. Then the discharge may become watery, yellow or brown and may last about 2 weeks. Uterine infection is one of the potential complications after an ablation. The symptoms to watch for include: a foul smelling vaginal discharge; increased cramping, especially after you have been pain free for 1-2 days; and fever (>100.4 F). If you suspect you may be developing an infection, please call our office at: _____. The major restriction after endometrial ablation is to refrain from any vaginal insertions. This includes douching, tampons and intercourse for 2 weeks afterwards. Physical activities are permitted as long as they do not cause an increase in pain or vaginal bleeding.

Your next menstrual period after your endometrial ablation may be altered. It may be early or late. It may be light or heavy. It has no relationship to your ultimate results. The successful outcome will usually be noticeable by the 3rd expected menstrual period following treatment. Over 95% of women are very satisfied with a significant reduction in menstrual bleeding. Many have no periods. We hope you appreciate this benefit as an improvement in the quality of your life.