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Endometrial Ablation

Pre-Op:

- Get your prescriptions filled prior to your procedure and bring them with you to the office.
- You **should** eat a normal meal prior to your procedure. Do not take medications on an empty stomach.
- Make arrangements for someone to bring you to and from the office. The medication you take prior to the procedure may cause drowsiness. **DO NOT DRIVE A CAR OR OPERATE ANY EQUIPMENT AFTER TAKING MEDICATIONS.**
- Arrive one hour prior to your procedure.
- A urine pregnancy test will be done when you arrive.
- After confirming you are not pregnant you will be given the Toradol injection and instructed to take the Valium.

Medications:

- You will be prescribed an anti-inflammatory such as Motrin.
- You will be prescribed a pain medication such as Norco.
- You will be prescribed an anti-anxiety medication such as Valium.
- You will be given a prescription for an injection like Toradol. You will need to fill the prescription and bring it with you.

PLEASE BRING ALL MEDICATIONS WITH YOU TO YOUR PROCEDURE

Post-Op:

- Discomfort is usually the most significant 2-10 hours after your procedure. Take your pain medication every 3-4 hours as needed. Take the Motrin every 6-8 hours following the procedure even if you are not experiencing cramping.
- Take your temperature 2-3 times daily for the first 3 days. If you experience chills take your temperature immediately.
- You may use a heating pad to the abdomen for discomfort.
- There is no restriction in your diet. If you experience nausea, which may occur 4-6 hours after the procedure, try clear liquids, Ginger Ale or 7-Up.
- You may return to work in 1-2 days after the procedure.
- Do not use tampons for the first week following the procedure.
- You may have a vaginal discharge post operatively that may be watery with occasional blood staining, passage of clumps of gray tissue or menstrual like bleeding for up to four weeks.
- You may have sexual intercourse 2 weeks following this procedure however, if you are still having a vaginal discharge, refrain from intercourse until the discharge stops.

When to Call the Doctor:

- Fever may be a sign of infection. Please call if your temperature is 100.4 or more during the first three days after your procedure.
- Please call if you are experiencing extreme pain or nausea that is not controlled by your medications.

Bloomfield patients call: 248-338-0100

Clarkston patients call: 248-620-2800

After hours and weekends call: 248-858-6868 or go to the nearest emergency room.