

Dear Patient:

Your doctor has scheduled you for an Endometrial Ablation. During this surgery, the uterine lining is burned through a wand inserted into the cervix. This surgical procedure is done for treatment of excessive menstrual bleeding. It is important to know that endometrial ablation reduces your chances of pregnancy following the procedure.

Before Your Surgery

- **DO NOT** eat or drink anything after midnight the night before surgery, unless otherwise instructed by your doctor.
- Remove all makeup, finger and toe nail polish, and jewelry before coming to the hospital. Remove piercings (earrings, tongue ring, etc.).
- When you arrive, you will be taken to your room to get undressed and into a hospital gown.
- Your doctor or a nurse anesthetist will visit with you prior to surgery regarding the anesthesia you will receive during your surgery. Please tell the anesthetist if you have dentures or partials.
- You will have a IV started in the Same Day Surgery area.
- You will be taken to surgery about ½ hour prior to surgery.

During Your Surgery

The procedure takes 10 - 15 minutes. You will have a general anesthetic during the surgery. You will have an IV, through which you will be given fluids. A heart monitor and blood pressure cuff will be applied and a pulse/oxygen monitor placed on a finger. When your doctor is ready the nurse anesthetist will give you your anesthetic. After you are asleep, you will be positioned on your back and your legs placed in stirrups. The doctor will use surgical instruments to dilate (open) your cervix and cauterize (burn) the lining of the uterus.

You will go to the recovery room to awaken from the anesthesia. You will be closely monitored for at least one hour.

After Your Surgery

- You will be taken back to your room for further monitoring for a short time.
- During this time you will be provided with something to drink and assisted to the bathroom. Please do not get out of bed without the nurse's help.
- Since you may be drowsy from the anesthesia, you will be encouraged to cough and deep breathe often to help keep your lungs clear.
- You will have an IV through which you will receive fluids and medications.

Pain Medications:

You may have some perineal pain or mild cramping after your surgery. If you have a prescription, get it filled the day of your surgery and take as directed. You may take Tylenol or Ibuprofen for discomfort if you do not have a prescription for discomfort. If you have questions about your medications refer to your medication handout. Pain medications may cause drowsiness or nausea. These symptoms can be pronounced if taken on an empty stomach.

Diet:

You will be given water to drink after your surgery. If you tolerate this without nausea or vomiting, you may have clear liquids such as sprite, jello, broth, decaf coffee, etc. If tolerated, you may begin eating a normal, well-balanced diet. You should avoid food that might make you constipated and cause you to strain to have a bowel movement.

Dismissal:

You will need to have someone drive you home from the hospital. Please remember that you still may feel sleepy or tired when you go home. Go directly home and keep all follow-up appointments with your doctor.

After Your Dismissal:

Activity:

- You will need to rest for the remainder of the surgery day.
- **DO NOT** drive or operate machinery for 12 hours after anesthesia.
- **DO NOT** sign legal documents for 24 hours after your surgery.
- Strenuous sports/activities should be postponed until bleeding stops. Strenuous sports/activities may increase bleeding and pain. You may resume your normal activities within 24 – 48 hours except for the restrictions noted below.

Restrictions:

- Use sanitary pads until the vaginal bleeding has stopped. Do not use tampons, douches until OK'd by your Doctor. You may have some vaginal spotting for several weeks. This can be like a light period. This is normal and can be expected.
- Do not have intercourse until OK'd by your doctor.
- Do not return to work until your Doctor has given you either a written or verbal work release.

Infection: If you have any of the following, call your doctor.

- ⊗ Temperature above 101
- ⊗ Chills or other flu like symptoms
- ⊗ Heavy bleeding from your vagina (having to change your pad every hour)
- ⊗ Passing clots from your vagina
- ⊗ Yellowish, green or foul smelling drainage from your vagina
- ⊗ Severe pain in the abdomen or anywhere in the body not relieved by pain medication
- ⊗ Persistent nausea and vomiting
- ⊗ Chest pain, trouble breathing or difficulty urinating
- ⊗ Itching or rash after taking your pain medication

Please refer to your dismissal instruction sheet for further instructions.