

## **Instructions for In-Office ABLATION Procedure**

*PROCEDURE DATE:* \_\_\_\_\_ *arrival time:* \_\_\_\_\_

- Fill the prescriptions. Your local pharmacy may have to order it, so bring it in at least a few days before the procedure, or get it filled at Prescription Services in Petoskey (in the Burns Building) who keep some in stock.
- Start the Motrin (Ibuprofen) 600 mg. in the morning before the procedure. Take the Motrin every 6 hours while awake until the procedure.
- If you are given a prescription for Cytotec, take it the night before the procedure, just before bedtime.
- On the day of the procedure, you may eat and drink normally.
- Bring the pain medications with you to the procedure ( vial of Toradol, Vicoden)
- Bring someone who can sit with you both before and after the procedure, and also drive you home.
- When you arrive, you will be given the pain medications (Toradol injection in the hip, and a Vicoden pain pill), a pill for anxiety ( Xanax), and a pill to prevent nausea (Phenergan). After about 45 min., you will be taken into the procedure room. You will get the local anesthetic, and after 15 min, you will have the procedure. You can then rest in a recliner for ~20 min., and as soon as you feel like getting dressed, you may go home. You may be sleepy that day so don't plan on doing too much. You should continue to take the Motrin every 6 hours for another 24 to 36 hours. You may also take the Vicoden (painkiller) in between if you need it.
- There might be some bleeding and discharge for a few days to a few weeks. Wear pads. You may resume normal activities the next day if you feel okay, but no intercourse until the bleeding has stopped. You may use tampons if you prefer during the following month's menses.