

**OB/G of HIXSON  
SHUCK, INNES, KERLEY**

**Endometrial Ablation (Novasure) and Hysteroscopic Tubal Ligation (Adiana, Essure)**

**PREOPERATIVE INSTRUCTIONS:** (Please arrive 30 minutes prior to your appointment and please bring your medicine with you in the event you need additional medication after the procedure.)

**DIET:** Eat lightly prior to your procedure. Please do not eat a large meal just prior to the procedure. You should have something in your stomach when you take the medications.

**MEDICATIONS:** You have been given 3-4 medications to take preoperatively:

- **Cytotec** (misoprostil) is a prostaglandin medicine used to prevent stomach ulcers. It can also be used to soften the cervix in preparation for uterine procedures. If prescribed, take as directed.
- **Anaprox DS** 550 mg (naproxen sodium) or **Motrin** 800 mg is an antiinflammatory medication to help with cramping. Please take 1 tablet at bedtime the night before the procedure and 1 tablet 1 hour before your scheduled appointment. After the procedure take 1 every 12 hours for the first 24 hours, then every 12 hours as needed. If **Motrin** is prescribed instead of Anaprox, take as directed.
- **Valium** 5-10 mg. (diazepam) is a short-acting tranquilizer to help you relax before and during the procedure. Please take 1 tablet 1 hour prior to your appointment.
- **Percocet** 5/325 (oxycodone/APAP) or **Demerol** 50 mg is a pain medication to help relieve discomfort during and following surgery. Please take 1-2 tablets 1 hour prior to your procedure (1 if you are very sensitive to medications) and then 1 to 2 every 4 to 6 hours as needed for pain following your procedure. If **Vicodin/Lortab** is prescribed instead of Percocet, take as directed.
- **Phenergan** 12.5 – 25 mg is an anti-nausea medicine. Take as directed.
- *(You may take all of the above medicines together, as they work in different ways.)*

**Cervical Block:** In the office, local anesthetic will be injected into your cervix to provide most, if not all, of the pain relief during your procedure.

**Toradol:** In the office, 60 mg of a pain reliever called Toradol (ketorolac) will be injected intramuscularly in order to provide additional pain relief.

**POSTOPERATIVE INSTRUCTIONS**

**DISCOMFORT** is usually most significant 12-24 hours after the procedure. Use your pain medications as noted above. You may also find some relief with a heating pad to your back or low abdomen. Please call us if you have pain that is not relieved by your medication and a heating pad.

**FEVER** may be a sign of infection. You might take your temperature 1 to 2 times daily for the first 2 days after your procedure. If you experience chills, take your temperature immediately. Please call us if it is 100.4° F (by mouth) or greater during the first few days after your procedure.

**NAUSEA** may occur for the first 4 to 6 hours following the procedure. It is usually managed with clear fluids, Sprite, Ginger Ale, or light juices such as Apple Juice. If it is severe, call us for medication.

**DIET** is whatever you feel like eating after the procedure.

**DISCHARGE** following this procedure can be variable. Anything from a watery discharge with occasional blood-staining, passage of clumps of gray tissue, to menstrual-like bleeding for up to 4 weeks is normal. You may also have a minimal discharge. Please do not use tampons for the first week following endometrial ablation. No intercourse for at least 1 week after this procedure, or until the discharge abates, whichever happens last.

**WORK** may be resumed 2 days after this procedure. If you have further questions please feel free to call the office at (423) 702-9240.