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727-843-9350

Endometrial ablation in the office

What you need to do in preparation of your procedure and what to expect after the procedure.

You need a driver to take you to the office and return you to your home.

If you like to listen to music, bring your favorite CD to fill in the waiting time while in the procedure room. Mark your name on the CD.

Diet

Eat a regular breakfast the day of your procedure.

If the procedure takes place in the afternoon, you may have a light lunch. Drink plenty of fluids the day of the procedure.

Medications

You will be given a prescription for the following medications:

Please advise us if you are allergic to any medications listed below

- | | |
|-------------------|---|
| Toradol 10mg | *one tablet of Toradol at 12 noon the day before.
*one tablet at bedtime the day before.
*one tablet the morning of the procedure and one 1 hour before the procedure.
*one tablet when back at home after the procedure.
*one tablet every 6 hours for the 24 hours after the procedure. |
| Cytotec 200mg | *one 200mg tablet the night before the procedure. |
| Valium 5mg | *one tablet 1 hour before the procedure when arriving in the office.
*one tablet at bedtime the day of the procedure. |
| Percocet | *one tablet 1 hour before the procedure when arriving in the office.
*one tablet after returning home the day of the procedure. Lay down and rest for the remainder of the day. Do not drive.
*one tablet every 3-4 hours as needed for pain control thereafter. |
| Doxycycline 100mg | *one tablet the morning of the procedure. Take with food.
One tablet twice a day for 5 days. You should have 10 tablets available for the total antibiotic treatment. |
| Zofran 4mg | *take one tab as needed for nausea and/or vomiting |

When you arrive at the office you need to take a Valium tablet and a Toradol tablet.

Before the ablation and hysteroscopy procedure you will receive a **para-cervical block**.
(This numbs the uterus during the procedure and will provide pain control for up to 3-4 hours after the procedure. A local anesthetic is used for this.)

After the block wears off you may feel increased cramping pain for up to 12 hours with gradually decreasing pain. Most patients have not felt acute pain and have been successfully treating themselves with the prescribed pain medication.

For questions or problems after the procedure call our office at 727-843-9350.

After hours: Please call the answering service at 727-843-9350 and ask for Dr. Vahora. The answering service will have her paged. If this fails, call Community Hospital of New Port Richey at 727-848-1733 and the hospital will connect you to her cell phone.