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Office Ablation procedure – Patient preparation and follow up

Please review the consent form and make sure all your questions have been addressed.

Make sure you EAT a light meal or snack before you come in. Do not be fasting. A few cookies and orange juice are a good snack before you come in.

DAY BEFORE PROCEDURE:

- Motrin (Advil, Ibuprofen) 600mg (either by prescription or take 3 over the counter 200mg tablets, with food) – start taking 600mg three times a day (morning, noon and night) the day BEFORE the procedure, and CONTINUE ON THE DAY OF THE PROCEDURE and the day AFTER.
- Cytotec (Misoprostol) 200mcg – occasionally needed to soften the cervix and help easy dilation and placement of the ablation device.
 - Pick up prescription and bring with you to the office – Dr Hanjani will insert the tablet vaginally the day before the procedure. This will not hurt. You may notice very mild cramping and/or spotting that night.
 - Occasionally the medication can be taken by mouth, one pill the evening before the procedure. Dr Hanjani will tell you if you need to do this.

MORNING OF THE DAY OF PROCEDURE:

- Valium (Diazepam) 10mg – a sedative - take ONE 1 hour before the procedure (the medication lasts more than 4 hours). You'll be given a prescription for 3 tablets, take ONE and keep the rest. The valium lasts a few hours so don't be concerned if your procedure is delayed. You MUST have someone drive you to the office and back home if you have taken the sedative.
- Percocet 5/325mg – pain medication - take ONE 1 hour before the procedure (the medication lasts more than 4 hours).
- Motrin – continue as described above.

AFTER THE PROCEDURE:

Take a Valium 10mg 6 hours after the procedure if you feel uncomfortable and tense. CONTINUE the Motrin/Advil/Ibuprofen as described above. If pain is more severe, take one or two Percocets every 4-6 hours. If you feel nauseated call for Vistaril which can be called into your pharmacy, and take 50mg every 6 hours as needed.

You may experience mild to moderate cramping (like menstrual cramping), and pinkish watery discharge. This can last 2-3 weeks. Use sanitary pads, **not** tampons, during this time. **NO** sexual activity, use of swimming pool, hot tub or bath, for 2 weeks post procedure. Otherwise you may resume normal activity the day after the procedure.

- CALL OFFICE IF:**
- Fever of 100.4 or greater
 - Worsening pelvic pain
 - Moderate to severe nausea
 - Vomiting
 - Greenish thick vaginal discharge, or foul odor

As for any procedure, call or come in if you have any concerns or questions.