



Procedure Date: _____

Arrival Time: _____

INSTRUCTIONS FOR IN-OFFICE ABLATIONS

- Fill all the prescriptions. Your local pharmacy may have to order some of them, so bring them in at least 3 days before the procedure. Your other option is to get them filled at Prescription Services in the Burns Bldg. In Petoskey. They keep all the medicine in stock. They open at 8:30 AM.
- Start the Motrin (Ibuprofen) 600 mg. the morning before the procedure. Take it every 6 hours while awake until the procedure.
- If you are advised to take the medication Cytotec, take it the night before the procedure, at bedtime
- On the day of the procedure, you may eat and drink normally.
- Bring the medication with you to the procedure (vial of Toradol and Vicoden)
- Bring someone who can sit with you both before and after the procedure, and also drive you home.
- If you have not already signed one in the office, enclosed is a consent form for the procedure. Read it carefully. You may sign it and bring it with you to the appointment, or I will give you another one to sign when you arrive.
- When you arrive, you will be given the pain medications. After about 45 min., you will be taken into the procedure room. You will then get a local anesthetic. You will be in the room for another 45 min. You can then rest in a recliner for about 30 min., and as soon as you feel like getting dressed, you may go home. You will likely 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.
- There will be some bleeding and discharge for 1 to 3 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 menstrual period.