

Patient's Instructions

In Office Endometrial Ablation Instructions for Patients:

Prescriptions:

- 1.) Cytotec 200mcg – place 3 tablets vaginally before bed the night before the procedure
- 2.) Motrin 800mg – by mouth every 8 hours starting at 4pm the night before the procedure then as needed for cramping.
- 3.) Percocet 7.5/325mg – 1-2 tablets by mouth every 4-6 hours as needed.
- 4.) Doxycycline 100mg – by mouth about 1 hour prior to the procedure, take twice daily for 7 days.
- 5.) Zofran 8mg – every 8 hours as needed for nausea
- 6.) Valium 10mg – take 1 tablet the day of the procedure in the office
- 7.) Ketoralac – In office, no prescription needed

THE CONSENT NEEDS TO BE SIGNED BEFORE LEAVING THE OFFICE THE DAY THE PRESCRIPTIONS ARE GIVEN

Day Prior to Procedure:

- 1.) Eat a regular (but small) dinner, if you feel up to it
- 2.) Take one Motrin 800mg by mouth before going to bed
- 3.) Place 3 Cytotec 200mcg tablets in the vagina before going to bed

Morning of Procedure:

- 1.) Take another Motrin 800mg by mouth with a light breakfast (DO NOT EAT HEAVY FOOD and nothing greasy or fried)
- 2.) Bring ALL medication to the office with you
- 3.) One hour before the procedure (upon arrival) check in and see the nurse. She will watch you take the following medications by mouth with some water:
 - a. Valium 10mg – 1 tablet
 - b. Percocet 7.5/325mg 1-2 tablets
 - c. Doxycycline 100mg tablet

Twenty minutes before the procedure a nurse will advise you to take 1 tablet of Zofran 8mg. The nurse will also give you the Toradol injection.

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After the Procedure:

- 1.) Take the Percocet 1 to 2 tablets every four to six hours as needed for any discomfort.
- 2.) Take Motrin 800mg by mouth every 8 hours as needed for cramping.
- 3.) Use Zofran 8mg every 8 hours as needed if you are having nausea.
- 4.) Take your medication as scheduled for the first 2 days even if you are not having any significant discomfort.

CALL THE OFFICE:

- 1.) If you develop any significant pain that does not improve with medication
- 2.) Fevers greater than 101 degrees Fahrenheit
- 3.) Bleeding greater than soaking a maxi pad an hour
- 4.) If you have any questions or concerns.