

NovaSure Patient Instructions

Before coming into the office for your NovaSure endometrial ablation you will have reviewed the procedure with your physician, including risks, benefits, and alternative treatment options. Please let your physician know if you have any further questions before you proceed with the procedure.

DAY BEFORE YOUR NOVASURE ABLATION PROCEDURE

Some patients may need different medications. Please let your physician know if you are unable to take any of the following medications due to side effects or allergies.

- **Ibuprofen 600mg every 6 hours the day before procedure.** By taking this medication the day prior to your appointment you will lessen any cramping that might occur during or after the procedure. **DO NOT TAKE IBUPROFEN THE DAY OF YOUR PROCEDURE** as you will be given a similar injected medication when you arrive at the office.
- You may be given medication to soften your cervix in preparation for the procedure. It may cause some mild cramping and spotting. Your doctor will prescribe either:
Misoprostol (cytotec) 200mcg one tablet the night before the procedure and one tablet 4-6 hours before the procedure

OR

Misoprostol (cytotec) 200mcg one tablet 4-6 hours before procedure

DAY OF YOUR NOVASURE PROCEDURE

Your doctor will give you prescriptions to take prior to the procedure. **BRING THESE MEDICATIONS TO THE OFFICE WITH YOU.** The nurse will instruct you when to take them.

- You will be given medication to help you relax. You will be instructed to take one by mouth approximately an hour before procedure. It will be one of the following:
Valium (diazepam) 5mg **Ativan (lorazepam) 1mg**
- You will also be given a prescription for one of the following medications to lessen any discomfort you may have during procedure. You will be instructed to take one by mouth approximately an hour before procedure
 - Percocet (oxycodone/acetaminophen) 5/325mg**
 - Vicodin (hydrocodone/acetaminophen) 5-300mg**
 - Ultram (Tramadol) 50mg**
- **EAT A LIGHT MEAL AND DRINK PLENTY OF WATER BEFORE COMING INTO THE OFFICE**
- Be sure to arrive on time the day of your procedure

Someone else must drive you to and from the office as the medications you take before can affect your driving ability. We encourage you to bring your own portable music player and headset/earbuds if you wish to listen to music during the procedure to help you relax.

WHAT TO EXPECT AT THE OFFICE

- You will be asked to provide a urine sample to confirm a negative pregnancy test.
- A nurse will bring you into an office and obtain a blood pressure, pulse and oxygen level. She will review the procedure and answer any questions. She will have you sign the consent if you haven't already done so at the pre-op appointment. She will give you an injection of **Toradol 30mg** approximately 30-45 minutes before procedure is to start. This is an anti-inflammatory medication similar to ibuprofen. She will also have you take the prescription medication you were instructed to bring into the office with you.
- She will bring you into the procedure room and give instructions. Unfortunately, no friends or family are allowed in the procedure room. Your doctor, her medical assistant and the nurse will be in the room with you.
- During the procedure your doctor will also inject a local anesthetic, **Lidocaine**, to reduce discomfort. We will then allow several minutes to allow this to be effective.
- You will be awake during the procedure and can expect to feel some cramping.
- The NovaSure ablation will take about 2 minutes to perform and a diagnostic hysteroscopy is often performed before and/or after the ablation to visualize the uterine cavity (this will take another 2-5 minutes).
- After the procedure is done expect to spend about 30 minutes recovering.

AFTER THE PROCEDURE

Medication

- **Ibuprofen 600mg every 6 hours as needed for pain.** It is best to start about 6 hours after your Toradol injection. It is unlikely you will need any other medications for pain
- You can expect to have some mild cramping for a few days.
- It is also common to have light vaginal bleeding or watery vaginal discharge for up to 2-4 weeks after the ablation. You should avoid tampons, douching or intercourse until the bleeding has completely stopped.
- It is not uncommon to feel fatigued for a few days. Rest as needed.
- Showers and baths are not restricted and you may resume all regular activities when you feel you are back to normal.

Call our office immediately at 603-647-0494 if you develop:

- Fever
- Uncontrolled pain
- Heavy bleeding
- Abnormal vaginal discharge
- Vomiting and unable to keep food or fluids down

Follow up in the office with your doctor 2-4 weeks after the procedure