

ADAMS PATTERSON GYNECOLOGY & OBSTETRICS

A DIVISION OF WOMEN'S CARE CENTER OF MEMPHIS
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IN OFFICE NOVASURE ABLATION & HYSTEROSCOPY

PATIENT INSTRUCTIONS

YOUR PROCEDURE IS SCHEDULED FOR:

DATE: _____

TIME: _____ ARRIVE @ OFFICE 15 MINUTES PRIOR TO PROCEDURE.

1. THE DAY PRIOR TO YOUR PROCEDURE:
 - TAKE IBUPROFEN 800 MG WITH BREAKFAST
 - TAKE IBUPROFEN 800 MG WITH LUNCH
 - TAKE IBUPROFEN 800 MG AT BEDTIME

2. THE DAY OF YOUR APPOINTMENT EAT A REGULAR MEAL AT BREAKFAST (& LUNCH IF YOUR APPOINTMENT IS IN THE AFTERNOON.) **DO NOT FAST!** TAKE ALL OF YOUR REGULAR DAILY MEDICATIONS UNLESS INSTRUCTED OTHERWISE.
 - TAKE IBUPROFEN 800 MG WITH BREAKFAST
 - TAKE IBUPROFEN 800 MG WITH LUNCH (OR SNACK)

3. **ON THE DAY THAT YOUR PROCEDURE IS SCHEDULED PLEASE BRING ALL OF THE MEDICATIONS THAT WERE PRESCRIBED FOR YOU!**

4. HAVE SOMEONE DRIVE YOU TO THE OFFICE. YOU WILL BE DROWSY AFTER THE PROCEDURE FROM THE MEDICATION ADMINISTERED TO YOU AND WILL NOT BE ALLOWED TO LEAVE THE OFFICE WITHOUT SOMEONE TO DRIVE YOU HOME.

5. ABOUT 30 MINUTES PRIOR TO THE PROCEDURE YOU WILL TAKE XANEX TO HELP YOU RELAX, AND WILL BE GIVEN AN INJECTION OF TORADOL (AN ANTI-INFLAMMATORY ALSO USED FOR PAIN). A URINE PREGNANCY TEST WILL BE DONE.

6. DURING THE PROCEDURE THE DOCTOR AND NURSE WILL KEEP YOU INFORMED OF WHAT IS TAKING PLACE AT ALL TIMES. IF YOU HAVE QUESTIONS FEEL FREE TO ASK THEM AT ANY TIME.

7. YOUR DOCTOR WILL ADMINISTER A LOCAL ANESTHETIC INTO YOUR CERVIX TO REDUCE PAIN AND CRAMPING. THERE IS A SHORT WAIT TIME FOR THIS MEDICATION TO TAKE EFFECT. YOU WILL BE AWAKE DURING THE ENTIRE PROCEDURE.

8. YOU SHOULD PLAN ON THIS APPOINTMENT TAKING APPROXIMATELY 1-1 ½ HOURS. THE ENTIRE PROCEDURE WILL LAST ONLY ABOUT 5-10 MINUTES BUT YOU WILL NEED TO REMAIN IN OUR OFFICE FOR A SHORT RECOVERY PERIOD.

9. BE SURE TO FOLLOW ALL POST OP INSTRUCTIONS!