

NovaSure Endometrial Ablation Pre-Procedure Instructions

- ❖ You may eat a light meal prior to coming to the office for your NovaSure Ablation.
- ❖ Wear a light shirt or blouse; you may become warm during the procedure.
- ❖ You must have a driver to escort you home. We cannot allow you to leave alone, even in a taxi or on foot.

- ❖ Prior to your arrival at the office, take the following medicines:
 - Cytotec (misoprositol) 100mg tablets.
 - Take two tablets 24hrs before your procedure
 - Take two more 12hrs before your procedure.
 - Ibuprofen (e.g. Motrin or Advil) 200mg tablets.
 - Take four tablets two hours prior to your procedure.

- ❖ Arrive at the office 1 full hour before your procedure is scheduled. Late arrival will delay your procedure. Plan on being in the office for at least 2 hours.
- ❖ You will have been given prescriptions or had them called in to your pharmacy. Be sure to bring your prescribed medicines with you. We do not dispense those medicines in our office.
- ❖ When you arrive read and sign the consent form for the procedure.
- ❖ Immediately after signing the consent form:
 - Take 1 or 2 Norco tablets (depending on your size and tolerance for discomfort).
 - Take 1 or 2 Valium tablets (depending on your size and level of anxiety).
 - You will be given a single injection of a pain medication called Toradol.

- ❖ It is ok if you are having your period on the day of the ablation
- ❖ If you have any questions prior to your procedure, please call our office. (312/943-3300).