



NovaSure[®] Endometrial Ablation Procedure

Date of Procedure: _____

Arrival Time: _____

Physician: _____

NovaSure[®] Procedure

NovaSure[®] is a minimally invasive endometrial ablation that uses radio wave energy to gently remove the endometrium. An advance in women's health, NovaSure[®] is completed in about 90 seconds and only needs to be performed once to lighten or stop your periods. Without the side effects of hormones or the risks of hysterectomy, NovaSure[®] is a minor procedure, with a quick recovery time so you can go on with your life sooner.

Procedure:

The entire procedure usually takes less than 30 minutes. You will be lying on your back with your knees bent and heels in stirrups as you would for a pelvic examination. After placing a speculum in the vagina, the cervix is cleaned and a local anesthetic is injected into the cervix. Then, a sheath containing the electrode (the part that does the ablation) is placed through the cervix. The device is activated and the ablation usually takes about one to three minutes to complete.

Pre-operative care:

The night before your procedure, take 3 Ibuprofen 200mg at 11pm. Please eat a light breakfast or lunch before you arrive for your procedure. You will need to arrive at least 60 minutes prior to procedure time. Bring with you and take the prescriptions Vicoden and Valium upon arrival here at the office. Also upon arriving, you will be given an injection of Toradol, which is a pain medication and an IV will be started.

We do recommend that someone drives you home after the procedure.

Postoperative care:

Most women are able to leave Shenandoah Women's HealthCare about 45-60 minutes after the procedure. Bleeding may take place for up to four weeks after the procedure. You may also experience some vaginal discharge which is part of the healing process.

Activity:

Most women return to normal activities within 1-2 days after the procedure. Refrain from vigorous physical activity for 7-10 days after your procedure. This includes heavy lifting and aerobic exercising. Introduce nothing into the vagina (no sex, no douching, and no tampons) until after your follow up examination, which is roughly four weeks.

Follow-up Appointment at SWHC:

Date/Time: _____

Notify Shenandoah Women's HealthCare at 1-877-438-1314 if any of the following occur:

- You have a fever greater than 101 degrees.
- You have severe pain or cramping.
- You have heavy bleeding.