

Endometrial Ablation

Discharge Instructions

Adapted from: Endometrial Ablation,
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General Information

Endometrial Ablation is most commonly performed for women with abnormal uterine bleeding.

Description

This procedure is done by dilating the cervix then removing the inner lining (the endometrium) from the uterus. The lining may be removed by one of a variety of methods, e.g. electro-resection, electro-coagulation or thermal-coagulation. The method chosen for you will have been discussed with you by your doctor.

Important Points in Treatment

- You may drink or eat anything you want when you are able.
- You may resume normal living and working activities unless you have been told otherwise.
- Avoid sexual intercourse and the use of vaginal tampons until three weeks after the procedure.
- Shower only, **NO BATHS OR HOT TUBS**, until all bleeding stops (your cervix is still open).
- You may feel some mild to moderate cramping in your lower abdomen. This may be relieved with a hot water bottle or pain medication.
- Ensure you keep appointments for follow-up care with your doctor. Contact your doctor's office to arrange for an appointment.

Notify the Doctor or Go to the Emergency Department if any of the following happens:

- on any day over the next month you bleed more than your regular period;
- bleeding lasts longer than 3 weeks from your operation;
- you have a fever or your temperature is over 38°C or 100.4°F;
- there is a foul smelling vaginal discharge;
- you have severe cramps that do not stop with your pain medication.

Besides these general instructions remember also:
