

Discharge advice: Endometrial Ablation

There are two types of endometrial ablation performed in this hospital, Novasure and Thermachoice. Both can be carried out under either a local or general anaesthetic, and either in an out-patient clinic or as day case surgery. This leaflet gives you advice following your endometrial ablation, whichever procedure you have.

Before your procedure you will have received detailed information about endometrial ablation, how it works and how the procedure is performed.

If you have not received this or would like a further copy please ask the nursing staff.

What can I expect after the procedure?

- You will need someone to take you home and be with you overnight.
- You should expect some vaginal bleeding. This should not be heavier than a normal period. The bleeding may last longer than a normal period as it takes some time for the lining of the womb to heal. If it continues for more than three weeks contact your GP for advice. Please do not use tampons for at least six weeks after the procedure to reduce the risk of infection.
- It is normal to have a clear watery vaginal discharge that can last for a couple of weeks. If this becomes offensive smelling or its appearance alters please contact your GP.
- You may experience lower abdominal cramps for a few days. You will be discharged with painkillers such as Paracetamol or Co-Codamol and Ibuprofen with instructions on taking them. Please inform nursing staff if you have any allergies or sensitivities to any drugs.
- Painkillers are usually better at preventing pain, and not so good at dealing with severe pain. If you experience pain, it is better to take painkillers sooner than to wait until the pain is really bad.



Patient Information

Medication

Medicines play a vital part in your recovery. They help to avoid further problems and control symptoms. You will be informed whether you need any medications to take home and will be provided with sufficient supplies.

We will explain your medications to you, identify potential side effects and discuss with you how to obtain further supplies.

General points to remember:

- If you take regular medicine, do not stop it suddenly. Your body needs time to adjust to managing without it.
- It is important to take your tablets regularly.
- Painkillers are usually better at preventing pain, and not so good at dealing with severe pain. If you experience some troublesome pain, it is better to take painkillers sooner than to wait until the pain is really bad.
- Follow the directions given to you by the healthcare professional or directed in the information leaflet supplied with the medication.
- Do not take double doses if you forget to take your medicine, take your normal dose when this is due.
- If side-effects are a problem, contact your doctor as soon as possible.
- It is a good idea to carry a list of your medicines with you. If your doctor or dentist wants to prescribe something for you, they can check your list of current medicines. Show your list of medication at each consultation or treatment.
- Always let the pharmacist know what prescribed drugs you are taking if you buy anything over the counter.

Returning to normal daily activity

- You may eat and drink normally; however alcohol must be avoided for 24 hours.
- Once you are home you may feel tired for a few days. This is quite normal and you will need to rest and remain off work for a couple of days.
- Avoid lifting heavy objects, swimming and vigorous exercise until the bleeding settles which will take approximately two to three weeks.
- You should not drive or use any electrical equipment for 24 hours as you may still be affected by some of the drugs that are used in the procedure.
- It is advisable to shower rather than bathe for two weeks following the procedure.
- You may resume normal activities after 24 hours.

Patient Information

- Avoid sexual intercourse for at least four weeks or until the bleeding stops, in order to minimise the risk of infection.

What about further appointments?

Follow up is not usually necessary. If your surgeon wishes to see you again at the hospital, an appointment letter will either be given to you in hospital or sent to your home address.

A member of the nursing staff will telephone you after you have been discharged to check all is well.

When you get home

If you have:

- Excessive vaginal bleeding or greenish vaginal discharge;
- Abdominal pain that is not controlled with painkillers;
- High temperature (fever) of 38 degrees or above;
- Severe nausea or vomiting;
- Very fast heart rate, shortness of breath or dizziness;
- Poor urine output.

Further Information

Please seek advice from Ward 23: Telephone: 024 7696 7000. Advice is available 24 hours a day.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7000 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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