

# Diana Health

## Endometrial Ablation

At Diana Health, we care about your physical and emotional health and experience. As you prepare for your endometrial ablation, you may have a variety of questions about what to expect and how to prepare for your procedure.

Below is some information that will help you better understand what an ablation is, the surgical procedure itself, and routine pre and post-operative instructions.

### What is an Endometrial Ablation?

An endometrial ablation (also called a uterine ablation) is a procedure where your doctor uses a device to treat the lining of the uterus (the endometrium). The term ablation means “to destroy”. By destroying the lining of the uterus, typical menstruation which involves shedding of the endometrial lining, will not occur as it had prior to your procedure.

### Why may I need an Endometrial Ablation?

Endometrial ablations are typically done due to bothersome bleeding (often heavy periods). After an endometrial ablation, menstrual bleeding may stop altogether or be significantly reduced. This procedure is typically done in women who have not gone through menopause. It is also not performed in women who desire future fertility.

### Pre-Operation (Pre-Op) Instructions

Prior to your procedure you will talk with your doctor as well as one of the Diana Health nurses or medical assistants to ensure that you understand how to prepare for your endometrial ablation. Ideally, we like for you to be as healthy as possible prior to your surgery, so try to eat foods that nourish you, get adequate physical activity (but don't start a vigorous new exercise routine), and get plenty of sleep.

A prescription may be sent to your pharmacy for you to fill prior to your procedure so that you have the medication available after the procedure is done.

- ✦ Decide who will be driving you to and from your surgery.
- ✦ Leave all valuables at home.
- ✦ The morning of your surgery, take a shower but do not shave.
  - Wear comfortable clothes that are not restrictive so that they can easily be put on after surgery and won't be constrictive, especially around your abdomen and pelvis.
  - Remove any jewelry or piercings as these are best to leave at home.
  - If you wear contacts, bring or wear your glasses instead.

### Endometrial Ablation Recovery

After returning home, the recovery period starts. Your doctor will let you know when you can resume your normal physical activities. You will be told to abstain from sexual intercourse and vigorous exercise initially.

If needed, your doctor will send you home with medications to help you with pain management during recovery. If you have any problems after going home such as a temperature greater than 100.5, heavy bleeding, severe pain or other concerns, you should seek care and reach out immediately.

Make sure to keep your post-operative follow-up appointment with your Diana Health provider.

