



## ***Pre-Operative Novasure Instructions***

The procedure you are scheduled to have done is **hysteroscopic endometrial ablation with Novasure**

- The Novasure procedure is the burning of the lining of the uterus to decrease menstrual bleeding
- You should not ever become pregnant after having the Novasure procedure done. Please be sure you have discussed your contraceptive plans with your doctor
- If you have not had a tubal ligation or are not using a reliable form of contraception, you must schedule the procedure on day 1-8 of your cycle
- The procedure takes about 15 minutes, but you will be in the office for about 2 hours

**Your procedure will be completed in the office of Van Dyke Gynecology on \_\_\_\_\_, please arrive @ \_\_\_\_\_.**

The Novasure procedure can be **uncomfortable; like the worst period cramps** you have ever had. Following the pre-procedure medication instructions will significantly decrease your discomfort.

- Take misoprostol 200 mcg 1 tablet the night prior to the procedure and 1 tablet one hour before coming to the office for the procedure; you may experience cramping, bleeding, or diarrhea with this medication, this is **normal**.
- Take Motrin 800 mg 1 tablet on the night prior to the procedure with the misoprostol.
- Take 1 tablet of each, Valium 10mg and Vicodin ES (may say hydrocodone on pill bottle) one hour prior to procedure time or as directed by staff at your pre-op appointment.
- Take doxycycline 100 mg 1 tablet in the AM of your procedure day and then the other tablet in the evening after having the procedure (the same day you have the procedure done)
- You will also be given an intramuscular injection for pain control and local numbing medication prior to the procedure in office.

Please eat and drink something with pain meds prior to your appointment

Please bring your left over medications with you to your appointment.

You must have someone drive you to and from the appointment

Please plan on taking it easy for 24 hours after the procedure

If you have any questions, please contact our office at 407-316-0156.