

Bellevue Obstetrics & Gynecology
2206 Longo Drive Suite 107 Bellevue, NE 68005
(402) 734-4106

Thermachoice Pre-Procedure Instructions

1. Take an 800mg Ibuprofen the night before the procedure, another one the morning of the procedure, and a final dose one hour prior to your appointment time. This will help reduce tubal spasm and uterine cramping during the procedure. Take the medication with food.
2. Eat a light meal prior to the procedure.
3. A urine pregnancy test will be performed in the office prior to the procedure (unless you have had your tubes tied in the past).
4. If you are very anxious about having the procedure done, please call our office to discuss options to reduce your anxiety.

Thermachoice Procedure

1. You will be given a local anesthetic during the procedure to reduce pain. You will be awake during the entire procedure.
2. Dr. Woods and his nursing staff will keep you informed of what is taking place at all times. If you have questions or concerns, please feel free to ask them at any time.
3. Some patients feel fine after the procedure and return to work that day. Others experience some cramping and nausea, and prefer to rest the remainder of the day. Prescriptions for the nausea and pain will be given to you when you leave.

Other Instructions

1. It is **very important** that you take your pain medication as prescribed. If you do not stay on top of the pain, it can quickly worsen once the pain medicine and the lidocaine wear off. Continue to take the Ibuprofen 800mg every 6-8 hours with food, as well as the Darvocet N-100 every 4-6 hours.
2. The pain medicines can make you nauseous. Take the Phenergan suppositories every 4-6 hours after the procedure as needed for nausea. This medicine may make you drowsy.
3. If you have a fever greater than 100.5 or severe abdominal cramping, call the office (402) 734-4106.
4. It is common to have a watery discharge for 3-5 days after the procedure, and then a brownish/bloody discharge for another 2 weeks. You may resume all normal activities in 2-3 days, and intercourse in 1 week.
5. Please call to set up a Post-Op visit with Dr. Woods one month after the procedure date.

If you have any questions or concerns, please call the office.