



Information and advice following Endometrial Ablation

This is an operation used to destroy the endometrium (the lining of the womb).

It is performed to relieve the symptoms of menorrhagia (heavy periods).

Following the operation:

For the first 48 hours after your operation you may feel drowsy or tired – rest as much as possible.

During this time you should not:

- Drink alcohol
- Drive a car or motorcycle, ride a bike or undertake strenuous physical exercise.
- Operate hazardous machinery
- Travel unescorted on public transport
- Make important decisions or sign legal documents
- Take sedative drugs, eg. sleeping tablets or tranquillisers

You will have a watery vaginal discharge following the operation, which may continue for 2 – 3 weeks; therefore to minimise the risk of infection sanitary towels should be used – NOT tampons. Likewise, intercourse should not be resumed until the discharge has completely settled.

You may have some cramp-like pains for a few days. If necessary you will be given some painkillers to take home with you, otherwise paracetamol or similar should be effective.

You should be able to return to work soon. Some patients have returned to work the next day.

Sometimes 3 – 4 days are required off work.

If you need a certificate to cover your stay in hospital please ask.

After the operation, you may still continue to have periods but these should be a lot lighter.

The procedure does not prevent pregnancy but pregnancy must be avoided.

If applicable, you should discuss any contraception needs with your doctor.

If following your discharge home, you have any problems, such as lower abdominal or pelvic pain, an unpleasant discharge or fever or any disturbance of the bladder or bowel habit, you should contact your hospital doctor or your family doctor.

If you have any problems or concerns related to your procedure please contact your doctor, or your nearest Emergency Department.