

# Endometrial Ablation

*Patient Information*  
www.interiorhealth.ca

## **DEFINITION:**

**A "roller-ball" type of instrument is passed through a long, thin tube that has been inserted into the uterus. The endometrial lining is removed by a coagulation (burning) process.**

**The expectation is that following this procedure you will no longer have any bleeding, although you might experience spotting.**

1. You should be able to resume your normal activity in 1-2 days with no strenuous activity for 3 weeks
2. You may have irregular spotting, light bleeding, and some pelvic discomfort for 1-2 weeks
3. You may shower in 24 hours post procedure but avoid tub baths until spotting and bleeding is stopped
4. You should not use tampons unless given permission by your surgeon
5. Sexual intercourse should not be resumed for 4 weeks

## **Notify your surgeon if:**

1. **Fever**
2. **Bleeding persists or increases and you are soaking one sanitary pad in 60 minutes or less**
3. **Large clots are passed**
4. **Severe abdominal cramps or abdominal pain that does not go away**
5. **You cannot urinate**

**If necessary, follow-up with your surgeon:**

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**Interior Health**

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**Healthlink BC**

**Dial 8-1-1**

*Talk to a Nurse 24 hours/day, 7 days/week  
Pharmacist available between 5 p.m. - 9 a.m. daily  
Dietitian between 9 a.m. - 5 p.m. - Monday to Friday*

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