

ThermaChoice® uses a method called global endometrial ablation (GEA) to remove the endometrium, the lining of the uterus.

How it Works

- A small soft, flexible balloon attached to a thin catheter (tube) is first passed through the vagina and **cervix**, and then placed gently into the uterus. No incision is required. The balloon is made of silicone material, eliminating the risk of allergy for latex-sensitive women.
- The balloon is then filled with fluid so that it inflates to the unique contours of the uterus.
- The fluid is gently heated and circulated in the uterus for 8 minutes while the lining of the uterus is treated.
- When the treatment is completed, all the fluid is withdrawn from the balloon and the catheter is removed. Nothing remains in the uterus. The treated uterine lining will shed, like during a period, over the next 7-10 days.

In most cases, patients can resume normal activities the next day.

Before the Procedure

Diet

If you wish, you may eat a light breakfast the morning of your procedure; please limit the amount of food and fluids you take. You may take any regular medications at your usual time with sips of water.

Transportation

You will need a ride to and from the office. Expect an approximate two (2) hour stay.

Medications

Your prescriptions will be phoned to your pharmacy. Please pick up your prescriptions several days prior to the procedure so you can have them the day of the procedure.

There is one medication to take at bedtime the night before your procedure:

Celebrex (celecoxib 200 mg): Take two tablets. This medication is an anti-inflammatory medication to decrease cramping.

There are five medications to take 45 minutes before your procedure.

- *Valium (diazepam 10mg): Take **one** tablet. This medication is a short acting tranquilizer to help you relax before and during the procedure.*
- ***Celebrex** (celecoxib 200 mg): Take **two** tablets.*
- ***Vicodin** (acetaminophen 500 mg / hydrocodone 5 mg): Take **two** tablets. This medication is a narcotic that will help relief discomfort.*

- **Zantac** (ranitidine 150 mg): Take **one** tablet. This medication is an antacid.
- **Zofran** (ondansetron 8mg): Take **one** tablet. This medication is an anti-nausea medication.

Procedure

An intramuscular injection of *Toradol* will be given on arrival to the clinic. A paracervical block or local numbing of the cervix will be done prior to the procedure.

Postoperative Instruction

Diet

You may eat whatever you like after the procedure. You may use additional *Zofran* if you experience nausea.

Medications

Discomfort is usually the most significant 2-6 hours after the ablation. There are two medications to use for pain after your procedure.

- *Celebrex* (celecoxib 200 mg): Take **two** tablets every eight hours for 24 hours post-procedure.
- *Vicodin* (acetaminophen 500 mg / hydrocodone 5 mg): Take **1-2** tablets every 4-6 hours as needed.

In addition to pain medication, a heating pad to the abdomen and warm baths can provide additional relief.

Common Side Effects

You may experience anything from clear watery discharge to menstrual like bleeding for up to four weeks after the procedure.

Instructions

- No tampons for two weeks following the procedure.
- No sexual intercourse until the vaginal discharge has stopped.
- Please call if you experience any of the following:
- Your pain is not relieved by your pain medications.
- You experience a fever above 100.4.
- You are unable to tolerate oral intake.