WHAT TO EXPECT
Symptoms typically include:
• Pelvic pain / cramping
• Nausea / vomiting
• Feeling tired
• Low-grade fever
• Poor appetite
• Flu-like symptoms
• Light spotting (can last up to 1 month)

These symptoms usually last 5-10 days and may be more severe in some women than others. Often times, patients feel better 1-2 days after the procedure and then experience additional episodes of pain and cramping. For this reason we recommend taking your medications as prescribed for the first 3-4 days.

WHAT TO WATCH FOR
Call our office if any of the following occur:
• Fever greater than 102.5˚ or fever associated with sweating and chills
• Abnormal foul-smelling vaginal discharge
• Heavy bright red vaginal bleeding, different from your normal menstrual flow
• Pain or burning with urination
• Pelvic pain unrelieved by pain medication, and/or pain which lasts longer than two weeks

ACTIVITY
• Avoid strenuous physical activity for 48 hours
• You may remove the band-aid from your groin after 24 hours and may shower
• Activity is not restricted after 48 hours. After the first 2-3 days, the way you feel is the best indicator of what you should and should not do
• There are no restrictions on resuming sexual activities
• If you are taking pain medication, do not drive or operate machinery

DIET
You may resume your previous diet as tolerated.
You may want to add more fiber to your diet in the form of fruits and vegetables to prevent constipation while taking pain medications.

MEDICATIONS
Follow the medication regimen closely for the first 3-4 days.
You will be given prescriptions at the time of discharge for pain medication (usually vicoden), motrin, colace (a stool softener), and phenergan (for nausea).

SPECIAL INSTRUCTIONS
It is a good idea to have a heating pad at home to apply to your abdomen.
You may want to wear a light day maxi-pad if you have spotting.

FOLLOW-UP CARE
Follow-up appointments are scheduled at two weeks and six months.
If for some reason you did not receive an appointment card on discharge from the hospital, please call our office at (734) 936-4536, Option 1 to schedule your two week follow-up appointment.

PATIENT NOTES:
It has been our pleasure to participate in your care.

Please feel free to call our office with any questions.

Monday - Friday  8 AM - 5 PM
(734) 936-4880, Option 1

After hours and on weekends/ holidays:
(734) 946-6267. Ask for the “Interventional Radiologist on call”