

# Endometrial Ablation

Endometrial ablation is one treatment option for controlling some types of abnormal uterine bleeding. It works by destroying the lining of the uterus. Afterwards, some women stop having periods.

Most others have periods that are lighter than before. But endometrial ablation can cause infertility ... so it's not for women who plan to get pregnant in the future.

The procedure can be done in a doctor's office or a hospital. You'll lie on a table and get some medicine that will help you relax and help control your pain.

The doctor uses a tool called a speculum to gently spread apart the walls of your vagina.

The doctor may then put a thin, lighted tube ...or scope ... through your cervix. This can help the doctor see inside the uterus.

Next the doctor inserts the device that'll destroy the uterine lining. Some devices use microwaves or lasers to do this.

Others use heat ... or cold. The procedure usually takes less than an hour, and you can go home as soon as it is safe and you are ready.

At home, you can shower, bathe, and eat as usual. Most women can go back to their regular routine the next day. But it may take a few days to a few weeks to fully recover.

For the first few days, you may notice some watery vaginal discharge mixed with blood.

You can use pads for this, but you'll need to avoid tampons ... and sex ... until your doctor says it's okay.

Some women also have cramps and vaginal bleeding for several days. A heating pad or hot water bottle can help with cramps.

There are a few things to watch for and call your doctor about ...things like severe vaginal bleeding ... or increased vaginal discharge ...a fever ... or pain in your belly or pelvis that gets worse.

Now, there's a good chance you won't be able to get pregnant after ablation ... but that's not guaranteed. And if you do get pregnant, it can cause some serious problems.

So it's important to talk to your doctor about how to avoid pregnancy. And be sure to talk to your doctor about any other questions or concerns you have.