

PAIN CONTROL OPTIONS FOR OFFICE PROCEDURES

Every patient's experience of pain is unique. We believe in creating a person-centered pain management plan tailored to your needs.

Pain may be influenced by:

- Past trauma
- Anxiety or depression
- Individual sensitivity

While the following options are based on guidance from the CDC and ACOG, not all experiences are captured in studies. Your voice matters in your care.

Available Pain Control Options:

Ibuprofen (Motrin)

- 800 mg by mouth, 30–60 mins before appointment
- Best for cramping after the procedure
- Continue every 8 hrs with food for 24–48 hrs
- ☒ No restrictions

Toradol (Injection)

- Given in-office 5–10 mins before procedure
- Best for cramping after the procedure
- Can be followed by Ibuprofen regimen
- ☒ No restrictions

Valium (Diazepam)

- Prescription for anxiety, taken 30 mins before appointment
- Works by relaxing muscles and calming nerves
- ☒ Must sign consent before taking
- ☒ No driving or major decisions for 12-24 hrs

Hurricane Gel or Spray (Topical Anesthetic)

- Applied to cervix 1–5 mins before procedure
- May help ease procedural discomfort
- ☒ No restrictions

Lidocaine Injection (Paracervical Block)

- 2–3 small injections into cervix
- Given 1–5 mins before procedure
- Some burning or pressure expected with injection
- ☒ No restrictions
- Can be combined with other methods

Nitrous Oxide (Laughing Gas)

- Self-administered inhalation during procedure
- May ease anxiety, relax muscles, reduce pain
- ☒ No restrictions 15-30 minutes after use
- ☒ Not covered by insurance
- ☒ There is a cost involved
- ☒ May not be safe with certain medical conditions

Additional Comfort Measures

- Heat and ice packs available for abdomen or chest/neck
- May be taken home after procedure