

# Thermiva® Pre-Treatment Instructions

## HISTORY

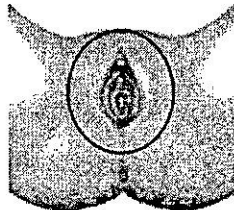
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- It is recommended to have a normal physical and pap smear within 2 years.
- If you have frequent urinary tract infections, it may be required by your provider to complete a urinalysis prior to the procedure.
- Let your physician know if you are prone to herpes outbreaks, as your provider may want to prescribe an antiviral prior to the treatment.
- Inform your physician of any vaginal surgery or if you have been told you have any vaginal prolapse.

## ACTIVITY

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- A negative pregnancy test may be required for women of childbearing age.
- Empty bladder immediately before treatment.
- Shave the external treatment area (see diagram) at least one day prior to the procedure (Waxing or laser hair removal 5-7 days prior to avoid further irritation).



- Menstruating is not contraindicated. However, if you are in the middle of a heavy flow, you may want to reschedule for your own comfort.

## CONTRAINDICATIONS

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- Cardiac devices such as AICD's (auxiliary internal cardiac devices), defibrillators, mechanical valves, pacemakers, or any device that is affected by RF energy.
- Pregnancy
- Active sexually transmitted disease
- Current urinary tract infection
- Greater than a stage 2 pelvic organ prolapse
- Recent vaginal surgery or fillers may require an alternative treatment

## FOLLOW-UP

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- One month after each treatment. Total of three treatments.

\* This pre-treatment checklist is for reference only. It is not all inclusive of individual practices' guidelines and requirements for a patient's history, physical, and clinical judgement for treatment.