

MyoSure Hysteroscopic Polypectomy

Your doctor has suggested that you undergo this procedure to remove your endometrial polyp. This leaflet informs you about the procedure, the benefits and risks, and the available alternatives, to help you to make a fully informed decision.

What is the MyoSure Hysteroscopic Polypectomy procedure?

This is a brief procedure performed under local anaesthetic. A small telescope (hysteroscope) is passed into the uterus (womb) through the vagina and the polyp is then removed.

The procedure usually takes between 5 and 15 minutes depending on the size of the polyp. It does not involve any cuts and is done in the outpatient hysteroscopy department. You have a local anaesthetic and so are awake throughout.

Why do we remove the polyps?

Polyps can be associated with the following

- Heavy periods
- Irregular periods
- Prolonged periods
- Bleeding in between your periods
- Vaginal bleeding after the menopause

We also remove polyps to ensure there is no cancer or pre-cancer within the polyp.

What are the risks?

As with all surgical procedures, there are risks associated with the MyoSure procedure. Side effects and risks that you need to be aware of are:

- pain or cramping during the procedure
- feeling sick, dizzy or feeling faint
- vaginal bleeding or spotting after the procedure
- infection of the womb, causing vaginal discharge and pain, or of the bladder (a 'water' infection) causing cystitis symptoms. Antibiotic treatment is usually needed.
- failure to enter the uterus to remove the polyp, or failure to remove the polyp after entering the uterus.

- creating a small hole in the wall of the womb. This is called a perforation. On rare occasions there can be damage to organs around the womb requiring further surgery.
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What are the benefits?

The benefits of the MyoSure procedure include that:

- it is performed under local anaesthetic in the outpatient setting
 - it avoids the need for a general anaesthetic (going to sleep) and the nausea and tiredness associated with this
 - you can watch the procedure as it is done
 - you can eat and drink as normal before the procedure
 - there is no cutting or visible scarring
 - the procedure is quick – around 5 – 15 minutes in total
 - recovery is fast, with most women able to go home between 20 minutes and 2 hours after procedure
 - there is a rapid return to normal activities within 1 – 2 days of the procedure
 - no hormones are involved
 - fewer hospital visits are needed compared to a general anaesthetic procedure
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What are the available alternatives to remove a polyp?

- Hysteroscopic resection. This involves removal of the lining of the womb with a special camera and diathermy device. It is performed while you are under a general anaesthetic (so that you are not awake) and takes around 45 minutes. A tube is inserted into your windpipe to assist your breathing when you have a general anaesthetic.

You need to have a 'pre-op' appointment before the operation, nothing to eat from the night before the operation, and to stay in hospital for around three hours after the procedure. You will be given a patient information leaflet about this operation if you are considering this alternative.

- Do nothing.
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What can you expect when you decide to have

MyoSure? Day of the procedure

You can eat and drink as usual before the procedure. You will be given an appointment time to come to the Gynaecology Unit at the Princess Royal Hospital, Telford. **Please bring an early morning sample of urine in a sterile container if you are of child-bearing age.** This is because we routinely do a pregnancy test before performing the procedure.

The doctor doing the procedure will see you before to answer any questions and check your consent form. You will be offered simple pain killers.

A nurse will accompany you to the clinic, where you will be asked to remove your lower underwear and change into a gown. You will sit on a gynaecological couch with supports for your legs, with a sheet covering you. There are usually three nurses and one medical assistant present in the clinic. Sometimes another doctor or medical student may be present.

The doctor will perform the MyoSure procedure and one of the nurses will support you throughout. It takes only about 5 – 15 minutes. If you want to, you can look at the TV screen to watch the procedure. You will then be accompanied to a recovery area and offered a drink and further pain relief if you need it. Let the nursing staff know when you feel ready to go home – usually after 20 minutes but some patients may require a little longer. We advise you not to drive home yourself.

After the procedure

You can go home whenever you feel you are ready. You may experience some watery and blood stained discharge and discomfort which may go on for a couple of days but can sometimes last a couple of weeks. We advise you purchase simple pain killer prior to your procedure to help alleviate any pelvic discomfort when you get home. You will receive your histology results through the post 4 weeks after the procedure.

Important point to note

- If you are of child bearing age, you must use contraception in the 3 weeks prior to the procedure. This includes all patients who have been referred from the fertility unit. *You cannot have this procedure if you are, or think you may be pregnant or if you were pregnant in the last 6 weeks prior to the procedure. Please purchase some simple analgesia to keep at home for use after the procedure. Please consult your GP or Pharmacist if you are unsure of what medication you can take*

Other sources of information

MyoSure website: www.myosure.com, this website is for information purpose only; the Shrewsbury and Telford NHS Trust is not responsible for the content. If you have any questions, please discuss these with your doctor. Our contact Telephone number is 01952 641222 ext 5966.

NHS Choices. The UK's biggest health website, certified as a reliable source of health information: www.nhs.uk

Patient UK: Evidence based information on a wide range of medical and health [topics](http://www.patient.co.uk). www.patient.co.uk

Patient Advise and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns, they can also help you get support from other local or national agencies. PALS, is a confidential service.

Princess Royal Hospital, Tel: 01952 282888

Royal Shrewsbury Hospital, Tel: 0800 783 0057 or 01743 261691

Website: www.sath.nhs.uk

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Your information

Information about you and your healthcare is held by the NHS. You can find out more about how we hold your information and how it is used on our website in your Pregnancy Information Book.

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