

NovaSure Endometrial Ablation

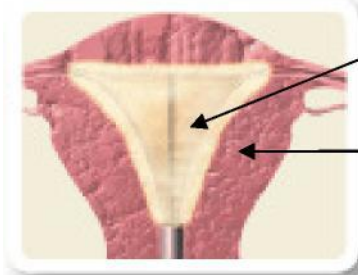
Your doctor has suggested that you undergo this procedure to stop or reduce your periods. This leaflet informs you about the procedure, the benefits and risks, and the available alternatives, to help you to make a fully informed decision.

What is the NovaSure Endometrial Ablation procedure?

This is a brief procedure usually performed under local anaesthetic but can be performed under a general anaesthetic. First, a small telescope (hysteroscope) is passed into the womb through the vagina to check that the cavity is normal in shape and size. If this is the case, you will then go on to have the NovaSure ablation, where a small device called NovaSure is passed through the vagina and cervix in to the womb.

Once the device is in place, a burst of radiofrequency energy for around 90 seconds removes the lining of the womb (endometrium). The whole procedure takes around 10 minutes. The technique does not involve any cuts and is done in the outpatient hysteroscopy department. You have a local anaesthetic and so are awake throughout.

- **NovaSure is not a method of contraception.**
- **You must not attempt to have any pregnancies after the procedure**
- **You need to arrange for ongoing contraception afterwards**



NovaSure device placed in to the womb for ~ 90 seconds

Muscle layer (myometrium) remains in place after the operation

Why has this procedure been recommended?

This procedure will help stop or reduce your periods. Women usually have this procedure for the following reasons

- Heavy periods
- Irregular periods
- Prolonged periods
- Bleeding in between your periods

What are the risks?

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

- pain or cramping during the procedure
- ongoing pain at the time your period may be due, despite the lack of bleeding
- feeling sick, dizzy or feeling faint
- vaginal bleeding or spotting after the procedure
- persistent discharge and/or pain; this can last from a couple of days to several weeks
- 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 perform the procedure
- 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.

What are the benefits?

The benefits of the NovaSure 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 10 minutes in total
- recovery is fast, with most women able to go home between 10 minutes and 1 hour 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

Long Term Results – What's the Evidence @ 10 years?

Ten-year follow-up of a randomised controlled trial comparing bipolar endometrial ablation with balloon ablation for heavy menstrual bleeding.

Herman M, Penninx J, Mol B, Bongers M. BJOG 2013;120;966-970

- **73%** amenorrhea (no periods)
- **90%** reduction in dysmenorrhea (period pain)

What are the surgical alternatives to reduce or stop periods?

- Transcervical resection of the endometrium (TCRE). 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.

Around 1 month prior to this procedure you will need your GP to give you an injection of Zoladex or Prostag, which shuts down the lining of the womb. This can cause temporary menopausal symptoms such as hot flushes and mood swings. 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.

- Hysterectomy. There are a number of different ways of performing a hysterectomy (removal of the uterus or womb), and you will be given a patient information leaflet about these if you are considering this option.

What can you expect when you decide to have NovaSure? Prior to the procedure

You need to have an endometrial biopsy and ultrasound scan of the pelvis before being listed for this operation. You may have already had these investigations done prior to considering this procedure.

You need to use a reliable form of contraception for three weeks before the procedure and decide on what long term contraception you are going to use. This is because the NovaSure procedure is not a form of contraception; it is only done to stop or reduce your periods. Your options for contraception are:

Condoms	Oral contraceptives	Coil (can be inserted at time of procedure)	Implant
Depo injections	Natural (rhythm) method	Vasectomy	Female sterilisation

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. 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 NovaSure procedure and one of the nurses will support you throughout. It takes only about 10 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. You will be offered pain relief if you need it. Let the nursing staff know when you feel ready to go home – usually after 10 minutes to 1 hour. 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 which may contain some debris this can go on for 2-6 weeks. You may also have some discomfort for a few days to a couple of weeks after the procedure (occasionally this can go on for longer) and may require simple pain killers to alleviate any pelvic discomfort. If the procedure is successful you should have only scanty periods in the future, or hopefully none at all.

Important points to note

- If you are of child bearing age, you must use contraception in the 3 weeks prior to the procedure. 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.
- Your family must be complete before having this procedure, so you will need to use some form of contraception afterwards.

Other sources of information

NovaSure website: www.novasure.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 UKs 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. www.patient.co.uk](http://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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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

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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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