Novasure Endometrial Ablation
(Destruction of the womb lining)

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The Nature and reasons for the procedure

Endometrial ablation is the destruction of the womb lining in order to treat heavy periods. There are a number of ways of doing this. Novasure is a quick, safe method which can potentially be done without a general anaesthetic. It is approved by the National Institute of Clinical Excellence (NICE).

How does it work?

Periods are due to shedding of the womb lining each month. Blood vessels underneath the womb lining may remain open and cause the bleeding to be excessive. The aim of the Novasure system is to permanently remove the womb lining and seal the underlying blood vessels, therefore making periods lighter.

How is it done?

Novasure can be done under a general anaesthetic as a day case procedure, or with a local anaesthetic in the clinic. The Novasure system is a narrow instrument that is passed into the womb through the neck of the womb (cervix). A fan-shaped arrangement then takes up the shape of the womb cavity. The whole procedure takes around 5 minutes to perform although the actual treatment takes on average only 90 seconds.

Novasure is a system designed to treat heavy periods with no apparent cause (dysfunctional uterine bleeding). In many cases it can be considered instead of a hysterectomy (surgical removal of the womb). Novasure is an endometrial ablation device that uses electrical energy. It requires no cuts and can be safely performed in an outpatient clinic, if the patient is suitable.
**Benefits of the procedure**

The main advantage is that Novasure works well for many women with heavy periods. Studies have shown that up to 97% of women receiving this treatment were satisfied or very satisfied with the procedure and would recommend it to others. Over 80% felt it was a success with periods being much lighter. 40 to 75% of women in studies had no periods at all after treatment.

No part of the medical device remains inside the uterus after the procedure.

Novasure avoids the need to take medication on a long term basis and does not require any treatment beforehand to thin out the womb lining. It may also avoid the need for a hysterectomy in over 90% of women.

There is often no need for a general anaesthetic and so recovery following the procedure is much quicker.
The risks of the procedure
The Novasure system includes a number of safety features that reduce the risk of injury to the womb and other organs. However, we still mention risk of perforation of the womb which is rare.

There is a small risk of infection which may cause pain or bleeding in the weeks following the procedure. Your GP will be able to treat this with antibiotics. Damage to the womb and/or bleeding that cannot be stopped occurs rarely but may necessitate a hysterectomy.

Discomforts of the procedure
You may experience period-like cramps during and after the procedure. You will be offered painkillers to help with this. You are likely to have a watery and/or blood-stained vaginal discharge for 4 to 5 weeks after the procedure.

The alternatives to the procedure
Some women with lots of fibroids or an enlarged womb may not be suitable for this procedure. Your doctor may request further investigations to assess whether you could benefit from Novasure or the following procedures:

- Hysterectomy – removal of the womb or part of the womb.
- Myomectomy – removal of fibroids.
- You must be certain you have completed your family.
- Although it is still possible to get pregnant after this procedure such pregnancies are likely to miscarry.
- We recommend that you continue effective contraception.

What happens after the procedure?
- You will be advised to remain in the hospital for a couple of hours to make sure you are not feeling nauseous or otherwise unwell. You will then be allowed home with mild painkillers.
- Most women will return to normal activities within a day or two. You can resume sexual intercourse within around 7-10 days.
- You will be followed up in the clinic to assess your response to the treatment. You may find it useful to keep a diary of any periods or other bleeding to report to your doctor at this appointment.
When the procedure is completed

You should NOT drive yourself home.
It is important to arrange for someone to collect you.

Consequences of not having the procedure

Periods will remain heavy and discussion will be required with a doctor regarding any other appropriate alternative treatments.

Important Notices

If you are unable to attend for your appointment please telephone in advance so that your appointment can be given to someone else
01744 646894

If you are bleeding heavily on the day of your appointment for your procedure or need any other advice, please telephone ward 3E
0151 430 1522

If you have any urgent problems outside of clinic hours, please contact ward 3E
0151 430 1522