



Endometrial ablation for heavy menstrual bleeding

Your doctor has offered you an endometrial ablation at the Royal Berkshire Hospital (RBH). This leaflet tells you about the procedure. It describes the benefits, the risks and what other treatments you can have. Please read it so you can decide if this is right for you.

What is an endometrial ablation?

Endometrial ablation is classed as minor surgery. It destroys most of the lining of the womb. This should improve heavy, irregular or prolonged periods (menstrual bleeding).

At RBH we use a device called the NovaSure®. First we pass a thin telescope (hysteroscope) through your vagina and cervix to check if your womb is a suitable size and shape. At this stage we often take a small sample (biopsy). We then pass the NovaSure® device into your womb through your vagina. We then open the device and this extends a net into your womb. The device makes energy waves which destroy the lining of your womb. We then close the net and remove the device. The treatment takes 1 to 2 minutes. The whole procedure takes 10 to 20 minutes. It can be done under local or general anaesthetic.

The NovaSure Procedure



Your doctor slightly opens your cervix (the opening to the uterus), inserts a slender wand, and extends a triangular mesh device into the uterus



The mesh expands, fitting to the size and shape of your uterus



Precisely measured radio frequency energy is delivered through the mesh for about 90 seconds



The mesh device is pulled back into the wand, and both are removed from the uterus

What are the benefits?

- 85-94% of women say they were satisfied with the NovaSure® procedure.
- 43-56% of women questioned one year after treatment said they had no bleeding.
- No surgical cuts, no major surgery.
- Treatment does not use hormones.

Potential risks

For more in depth information please find more information at:

- Less than 2 in every 100 women treated get complications.
- Uterine perforation (a small hole opens in the uterus) – this is rare.
- Infection – this is unlikely but we can give you antibiotics if required.
- We might not be able to use the NovaSure®.

What happens afterwards?

- You should be able to go home the same day.
- You may need to take over the counter pain killers for a few days.
- Most women go back to normal activities / work very soon (1-2 days after a local anaesthetic, or 3-7 days after a general anaesthetic).
- It is normal to have spotting / light bleeding / watery discharge for a few days, or sometimes longer – occasionally up to a few weeks.
- See your GP if you get pain / burning when you pee (pass urine), or if you have offensive discharge or persistent bleeding.
- See a doctor urgently if you have severe pain which pain killers do not help, especially if you also have a high temperature.
- Do not use internal sanitary wear such as tampons.
- Do not have sex or swim for at least 7 days, or until any bleeding / discharge has settled.
- If you had a biopsy, your doctor will inform you of the result.
- Your periods should be much lighter, or you may not bleed at all. Some women still get period pains even if they do not bleed.
- Unfortunately this procedure does not work for everyone. If you still have heavy bleeding after 3-6 months see your GP so he can refer you back to discuss alternatives.
- **This procedure will not stop you getting pregnant. You must use effective contraception as a pregnancy after NovaSure® can be dangerous.**

What are the alternatives to NovaSure®?

- Trans-cervical resection of endometrium –we pass a fine telescope through the cervix into the womb. We then cut away the endometrium (lining of the womb) with a small wire loop. We may suggest this operation if you also have polyps or fibroids and we want to remove these as well, or if we cannot use the NovaSure® on you for any reason.
- A coil (hormonal intra-uterine system).
- Medicines to make you bleed less.
- Contraceptive pill.
- Hysterectomy (total removal of your womb).
- Do nothing.

Contact details

For more in depth information please find more information at:

Clinical Admin Team Tel: 0118 322 8964 Option 2 (Mon-Fri 8.30am-4pm)

Email CAT6@royalberkshire.nhs.uk for routine enquiries and information about appointments

Gynaecology emergency (Out of hours), Tel: 0118 322 8204

Further information

NovaSure® website: <https://gynsurgicalsolutions.com/patients/novasure/>; this website is for information purpose only

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

C Marsh, Consultant O&G, November 2019:

Reviewed: May 2024

Review due: May 2026