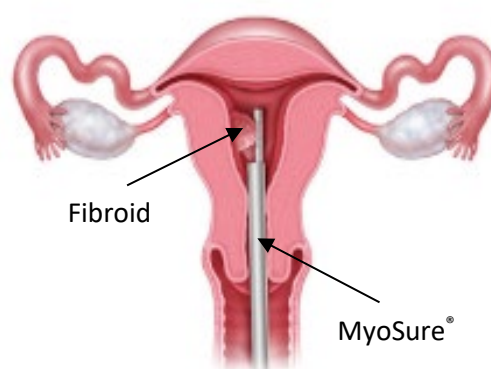


# MyoSure<sup>®</sup> for removal of endometrial polyps / fibroids

You have been offered treatment with a MyoSure<sup>®</sup> device for removal of endometrial polyps / fibroids in the outpatient department at the RBH. This leaflet informs you about the procedure, the benefits, risks and alternative treatments, in order to help you make a fully informed decision.

## What is MyoSure<sup>®</sup>?

It is a minimally invasive method of removing benign (non-cancerous) growths within the uterus (womb). You will not have any external wounds or scars and the procedure is carried out under local anaesthetic (you will be awake) and you can go home the same day.



## What happens during the procedure?

The doctor will insert a long, thin telescope camera through your cervix (opening to womb) in order to look inside the womb cavity to locate and remove the polyps/fibroids using the MyoSure<sup>®</sup> device. You will be advised to take strong painkillers beforehand and you will have a local anaesthetic during the procedure. In order to get good view, the procedure should be undertaken when you are not bleeding heavily so please contact us if you are expecting a period on the date of the procedure. The MyoSure<sup>®</sup> device cuts out and suctions up the polyp or fibroid tissue down a narrow tube. The procedure takes up to 15-20 minutes in total.

## What should I do before the procedure?

- Eat breakfast / lunch before your appointment or you may feel dizzy or faint.
- Take any regular medication on the day.
- Wear comfortable clothes, which can be easily removed.
- Please take Paracetamol (500mg x2) and Ibuprofen 400mg 1 to 2 hours before the procedure. If you are allergic to these medications or cannot take Ibuprofen then you can take Codeine 60mg tablets.
- Make sure you use contraception for at least 3 weeks beforehand to make sure you are not pregnant during the procedure. (A pregnancy test will be performed, and the procedure cancelled if it is positive).

## What to expect on the day?

On the day, you will be seen and consented by the doctor doing the procedure. The benefits and risks associated with the procedure will be discussed.

There will be a nurse and health care assistant in the room, who will support you throughout the procedure. After the procedure is finished, you can get dressed and you will be accompanied to the waiting room and offered a drink.

You will be able to go home after 30 minutes. We recommend that you arrange for a family member or friend to bring you to hospital and drive you home again, but they will not be allowed into the unit with you.

On the day, you may have cramping period-like pain and light bleeding after the procedure.

### **Potential risks and side effects**

- Overall complication rate is less than 2 per 100 procedures.
- Bleeding – less than a period.
- Pain – regular over the counter painkillers for a day or two may be required.
- Uterine perforation (creating small hole in the uterus) – rare occurrence.
- Infection – unlikely to happen but can be treated with antibiotics.
- Fluid overload – low risk as fluid going in and out of your womb is monitored closely.
- Failure to gain entry into the uterus or failure to remove the fibroid or polyp (alternative options will be discussed at this stage).

### **What are the alternative options to MyoSure®?**

- Hysteroscopic (camera via vagina) removal of fibroid / polyp under general anaesthetic.
- Do nothing – wait and watch.

### **How do I get the results?**

Your consultant will contact you with the lab results of the tissue (polyp/fibroid) removed either by post or in person. You will receive the results 4-6 weeks after the procedure.

### **Contact details**

CAT team Tel: 0118 322 8964 (Mon-Fri 8.30am-4pm) or email [rbb-tr.cat6@nhs.net](mailto:rbb-tr.cat6@nhs.net)  
Gynaecology emergency (Out of hours), Tel: 0118 322 7181.

### **Further information**

Hologic website: <https://www.hologic.com/hologic-products/gynecologic-health/myosure-tissue-removal-suite#4257225834-3580277772>, this website is for information purposes only.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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

Consultant Obs & Gynae, September 2019

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