

Outpatient NovaSure procedure for heavy menstrual bleeding

What is a NovaSure procedure?

The NovaSure procedure reduces or stops menstrual bleeding by permanently removing the endometrium (uterine lining) through the controlled, rapid release of radiofrequency energy. Your hormone cycle will not be affected. The treatment can only be given if you no longer want to have children.

At-home preparations

We recommend taking a painkiller one hour before the examination, preferably paracetamol (2 tablets of 500mg) AND an NSAID. These are painkillers that decrease inflammation. You could take two Aleve (220 or 275 mg) or two naproxen (220 or 275) or one ibuprofen (400mg). These painkillers can be purchased at the pharmacy or chemist.

If you have gastrointestinal problems or are hypersensitive to these drugs, please contact the gynaecology outpatient clinic: (040) 888 8380.

The NovaSure procedure

You report to the gynaecology outpatient clinic, route 14, Veldhoven location. You will be seated on a chair with your legs in the leg supports. The gynaecologist will sedate the cervix and uterine cavity. A thin viewing tube (hysteroscope) will be inserted into the uterine cavity. You will hardly feel this. Then there is a 10 minute wait. The cervix will be stretched and the NovaSure will be inserted into the uterine cavity. The NovaSure expands against the walls of the uterus. Radiofrequency energy will be delivered for up to two minutes. During these two minutes, you will experience a painful, cramp-like feeling, much like during menstruation and/or contractions. After the two minutes, the NovaSure will be removed from the uterus.

Post-procedure recommendations

After the procedure, you may experience abdominal pain, similar to severe menstrual cramps. We recommend the use of painkillers for 24 hours after the procedure: 1 gram of paracetamol four times a day and 500 mg of naproxen (or ibuprofen or Aleve) two times a day.

You may also experience a brownish, sometimes smelly discharge which will slowly but surely become watery. The discharge can last for up to six weeks after the procedure.

The information in this brochure is general in nature and is intended to give you an idea of the care and guidance you can expect. In your own situation, other advice or procedures may apply. This brochure is therefore only an addition to the specific (verbal) information from your specialist or practitioner.

Although you will feel better shortly after the procedure, the uterine cavity needs a few weeks to recover completely. To prevent the risk of infection, we advise against taking a bath (showering is fine), swimming, having sex for the first three weeks after the procedure or using a tampon or menstrual cups for. You can still get pregnant after the procedure. Additional contraception is therefore necessary.

Post-procedure check-up

You will have a telephone consultation six weeks after the procedure.

Benefits of NovaSure

- The NovaSure procedure does not involve any cutting (incisions). This reduces the risk of complications.
- It is a short procedure.
- It avoids the side-effects of a hormone treatment or the risks of a hysterectomy.
- Most women report strongly reduced menstrual bleeding. 41% report that they no longer menstruate after one year.

Complications & risks

There is a very small risk of perforation of the uterine cavity when the cervix is stretched and when the NovaSure is inserted. In this case, the procedure cannot be completed.

Questions

If you still have questions after reading this folder, please contact the gynaecology outpatient clinic during office hours, telephone number (040) 888 8380. You can also find additional information on our website: www.mmc.nl/gynaecologie.