

HERZOG LASER CENTER

NovaSure® Endometrial Ablation

What is NovaSure® Endometrial Ablation?

NovaSure Endometrial Ablation is an endometrial ablation procedure that provides an effective and minimally invasive outpatient alternative to hysterectomy, while avoiding the potential side effects and long-term risks of hormone therapy. The NovaSure procedure delivers precisely measured electromagnetic energy via a slender, handheld wand to remove the endometrial lining. This quick, simple procedure requires no incisions. It can be performed in an office or outpatient setting, and generally takes less than 5 minutes, significantly less time than any other endometrial ablation procedure.

What are the benefits of NovaSure® Endometrial Ablation?

NovaSure Endometrial Ablation offers a treatment that is quick, simple, safe, and requires no endometrial pretreatment. Before other endometrial ablation procedures, women often need to take a pretreatment drug for as long as 2 months to thin the lining of the uterus. NovaSure Endometrial Ablation eliminates the cost, potential side effects, and delays in treatment commonly associated with endometrial pretreatment. NovaSure Endometrial Ablation is also more convenient because it can be performed at any time during your cycle, even during your period.

What can I expect from NovaSure® Endometrial Ablation?

Most women see a significant reduction in their level of menstrual bleeding. In a randomized, controlled clinical study using NovaSure, a majority of patients returning for follow-up at 12 months had their bleeding reduced to light or moderate periods. Many patients reported that their bleeding had stopped completely. Several women may also experience the added benefits of a significant reduction in painful menstruation (dysmenorrhea), as well as a meaningful reduction in PMS symptoms.

Am I a candidate for NovaSure® Endometrial Ablation?

Premenopausal women with heavy menstrual bleeding who have completed childbearing may be candidates for NovaSure Endometrial Ablation. Your physician may perform diagnostic tests to rule out other abnormal uterine conditions, and your Pap test and biopsy must be normal.

What will I feel during the procedure?

Many doctors have their patients stay awake during the procedure, as the NovaSure procedure does not require general anesthesia. If your physician performs the procedure with a local anesthetic injected in and around the cervix, he or she may administer an intravenous sedative to make you more comfortable during the procedure. While some women may feel slight cramping, others may not experience any discomfort at all.

HERZOG LASER CENTER

How will I feel afterwards?

As with any endometrial ablation method, you may experience some post-operative uterine cramping and discomfort shortly after the procedure. This can generally be treated with a mild pain medication such as ibuprofen. Some patients may experience nausea and vomiting as a result of anesthesia. Watery and/or bloody discharge is also common for several weeks after any endometrial ablation.

Are women satisfied with the results of NovaSure® Endometrial Ablation?

Excellent results have led to very high satisfaction rates among patients treated with NovaSure. According to results of a patient satisfaction survey, over 93 percent of patients treated with NovaSure were satisfied or very satisfied with the procedure 12 months after treatment, and 97 percent indicated that they would recommend NovaSure Endometrial Ablation to a friend.

Are there any post-procedure complications?

For any endometrial ablation procedure, commonly reported post-operative events include the following:

- Cramping/pelvic pain. Post-treatment cramping can range from mild to severe. This cramping will typically last a few hours and rarely continues beyond the first day following the procedure
- Nausea and vomiting have been reported in patients immediately following the procedure and can be managed with medication
- Vaginal discharge
- Vaginal bleeding/spotting

Are there any adverse effects associated with NovaSure® Endometrial Ablation?

As with all endometrial ablation procedures, serious injury or death can occur. The following adverse effects could occur or have been reported in association with the use of NovaSure:

- Thermal injury to adjacent tissue
- Perforation of the uterine wall
- Post-ablation tubal sterilization syndrome
- Air or gas embolism
- Complications with pregnancy (Note: Pregnancy following endometrial ablation is very dangerous for both the mother and the fetus)
- Infection or sepsis
- Complications leading to serious injury or death

Can I still become pregnant after endometrial ablation?

It is important to know that, although the chances for pregnancy are reduced following an endometrial ablation procedure, it is still possible to become pregnant. However, pregnancy following endometrial ablation is very dangerous for both the mother and the fetus. You should not have an endometrial ablation if you think you might want to have a baby in the future. After an endometrial ablation, you should use some form of birth control.