

PATIENT INFORMATION

POLYP OR FIBROID REMOVAL UNDER LOCAL ANAESTHETIC VIA MYOSURE HYSTEROSCOPY



Polyp or Fibroid Removal Under Local Anaesthetic via Myosure Hysteroscopy

What is Myosure Hysteroscopy and why have I been recommended this treatment?

MyoSure is a treatment to remove polyps or small fibroids from within the uterus (womb). Some women may already know that they have polyps or small fibroids because they have previously had a diagnostic hysteroscopy (telescopic camera into the uterus).

A polyp is a small lump of tissue that can grow on the lining of the uterus and a fibroid is usually a benign (non-cancerous) growth but sometimes they may have area of abnormal pre-cancer or cancer cells. They can contribute to abnormal vaginal bleeding and so removal of them can be recommended. Treatment with Myosure is quick and convenient and if you wanted to, you can conceive again after this treatment.

What are the benefits?

- Our aim is to avoid the use of a general anaesthetic (fully asleep) so that your recovery is faster and it is less disruptive to your life.
- It is especially suitable if you have other health conditions that make a general anaesthetic higher risk
- A shorter time spent in hospital also reduces risk of hospital acquired infection

Are there any risks?

- You may experience some pelvic discomfort like period cramps but you will be able to have some pain relief
- Some women feel a little light headed or faint during/after the procedure but this is usually short-lived
- There is a small risk of infection
- A small risk of perforation (small hole in the wall of the uterus) but this is very rare (1 in 1000 women)

How effective is this treatment?

On questioning, more than 97% of women are satisfied with the outcome of Myosure Hysteroscopy. From our previous experience we have been able to remove polyps and small fibroids with a 95% success rate.

What can I do to prepare?

- Please eat and drink normally before your procedure but avoiding a heavy meal. Eating and drinking may also help you from feeling lightheaded during/following the procedure
- Please use reliable contraception in the month before this procedure if you are in reproductive age group. We cannot proceed if you have had unprotected intercourse even if a pregnancy test on the day is negative
- Please take your usual medications unless you are taking blood thinning medication such as Clopidogrel or Warfarin. You should have been given instructions on how and when to stop taking this by the doctor at the time of your referral to us. If you are unsure regarding this please contact us on the number below to speak to the specialist nurse.
- Please contact us at the unit (see number below) as soon as possible if you are due to attend but have not stopped this or your instructions are unclear.

What will happen on the day of the procedure?

- You will be seen by the health care professional performing the procedure who will talk through the risks and intended benefits of the procedure. You can then sign a consent form to inform us that you agree to proceed
- You will be prescribed some pain relief and anti-sickness medication to help you during the procedure
- The necessary checks and paperwork will be completed before and during the procedure by one of the nursing staff. There will be at least two nursing staff and the person carrying out the procedure in the treatment room with you. One of these nurses is there to stay with you throughout your time in the treatment room.
- You will be given some time and space to remove the bottom half of your clothing and be given a sheet or gown to cover you. We will then help you to make yourself comfortable on the examination couch
- As the procedure starts, a speculum will be inserted into the vagina (as used during a smear test)
- You will then be given some local anaesthetic into the cervix (neck of the uterus) to allow passage of the telescopic camera into the uterus

- The uterus is filled with saline (salt water solution) to allow direct examination of the lining of the uterus
- At this stage you may experience some mild to moderate period-type discomfort. If it is too uncomfortable for you to bear, we encourage you tell the staff so that the procedure can be stopped
- The MyoSure device is then passed down the telescope into your uterus and held against the polyp or fibroid to remove it. This may take a few seconds or minutes depending on the size and nature of polyp/fibroid
- At the end of the procedure you will be observed in the Unit until we are happy for you to go home
- You should continue to take regular pain relief for the next 24-48 hours
- You may be recommended to have a hormone coil called Mirena inserted if you are at risk of repeated polyp formation and if there is a risk of pre-cancerous cells in the polyp. This can reduce

Going home and afterwards

You may experience some continued period-type cramping and discomfort shortly after the procedure. Some patients can feel lightheaded but this is usually short-lived.

You are likely to experience some vaginal discharge that may be red, pinkish, orange/brown in colour. This may be fairly heavy initially and should become lighter and may last for up to 3-4 weeks. You should not use tampons during this time but may use sanitary towels.

If you experience worsening pelvic pain and/or offensive discharge, which may be greenish in colour, and/or a raised temperature, please get in touch with your GP as these symptoms may be signs of an infection and require some antibiotics. Approximately 1 in 200 women will develop infection following this procedure.

You should also contact your GP if you experience any of the following symptoms and they are not settling: nausea, vomiting, shortness of breath, dizziness, bowel or bladder problems following the procedure.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Women's Health Unit: Contact the Alexandra Hospital switchboard 01527503030 ask for extension 44065 or 44064

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.