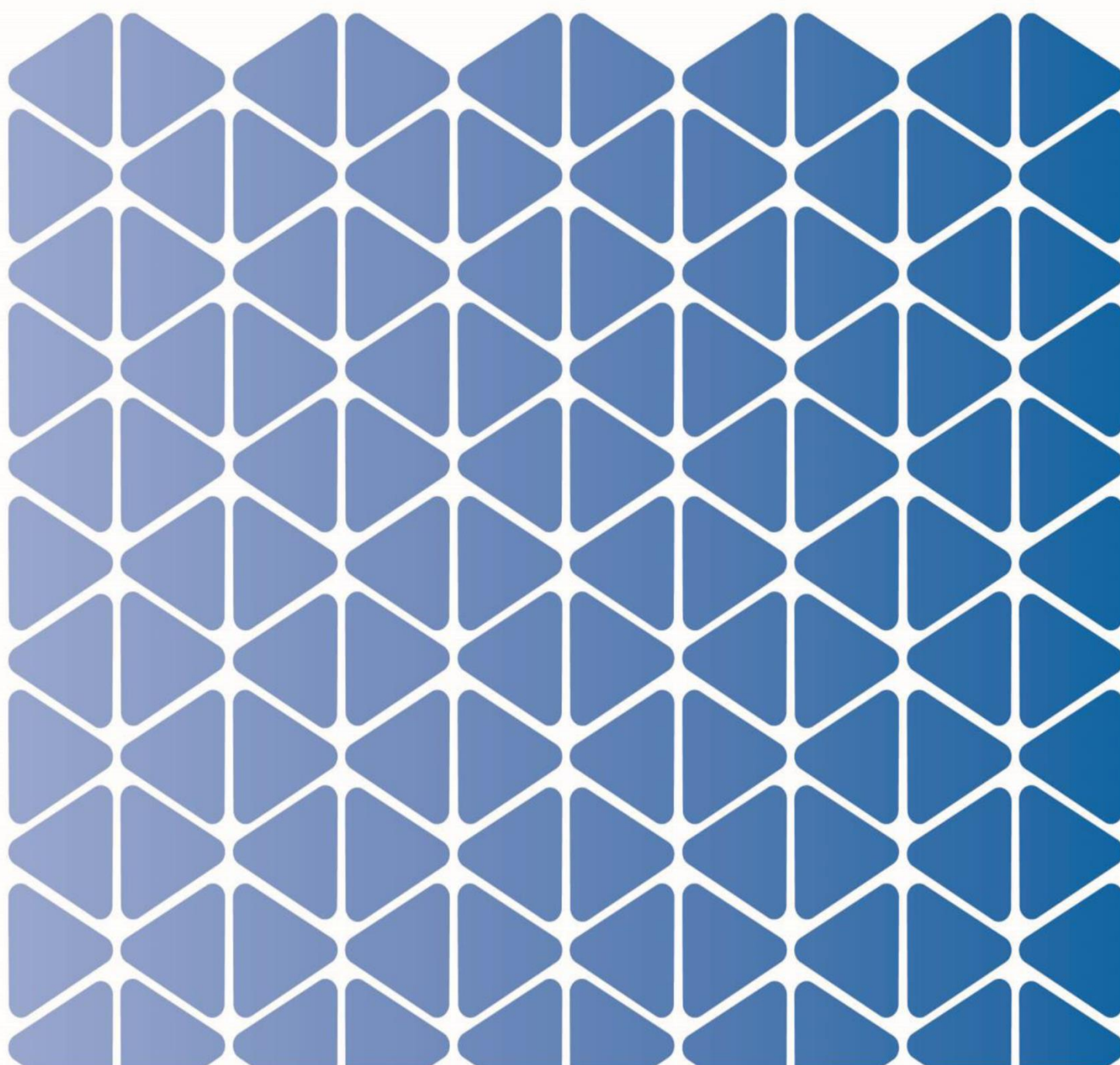


PATIENT INFORMATION

HAVING ENDOMETRIAL ABLATION UNDER LOCAL ANAESTHESIA



This procedure has been offered to you as a treatment for your heavy periods.

This treatment is only suitable for you if you have completed your family and do not wish for any future pregnancies. A reliable form of contraception is important to be used following this procedure.

There is a risk that your procedure will be cancelled if there is a chance of **very early pregnancy**. **In order to be sure you are not pregnant at the time of the procedure you must not have sex or you must use reliable contraception between the first day of the last NORMAL period to the date of procedure.**

How is the procedure carried out?

There are 3 main steps of the procedure

- 1. Examination and local anaesthesia to the neck of the womb to reduce the procedure discomfort.** Following anaesthesia lining of the womb will be checked using a special telescope which is inserted through the neck of the womb.
- 2. Insertion of the device to remove the lining of the womb.** This approximately 90-120 seconds. It is likely you will experience period type cramps during this part of treatment.
- 3. Repeat check of the lining of the womb with the telescope** to see treatment has been carried out successfully.

After completion of the procedure you will be observed in the gynaecology ward till you are fit for discharge. You are advised to continue with the painkillers provided even in the absence of pain.

You will get a telephone call on the following day by one of the nurses to address any concerns with your recovery.

How will I feel afterwards?

You may experience cramping and discomfort shortly after the procedure. Some patients can feel lightheaded soon afterwards. It is normal to get discharge which can be discoloured for 3-4 weeks and sometimes it can be heavy.

If you experience worsening of the lower abdominal pain associated with offensive discharge and fever, get in touch with your GP as you can sometimes develop infection (1 in 200 risk).

What are the side effects?

- 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 (you will be given anti sickness medicine routinely)
- Vaginal discharge / bleeding

Serious Complications following endometrial ablation (rare)

- Thermal injury to surrounding organs
- Perforation of the uterine wall
- Complications with pregnancy (**Note: Pregnancy after this procedure can lead to serious complications.**)
- Infection or sepsis

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; you will be required to continue with some form of contraception to avoid pregnancy and subsequent complications.

How effective is this treatment?

More than 90% women are satisfied with this treatment. There is reduction in symptom of heavy periods following this treatment. 35-40% women will have no periods and majority of women will experience significant reduction in the periods. No further treatment is necessary in majority of patients following endometrial ablation.

What are the benefits of endometrial ablation under local anaesthesia?

- Safer as it avoids general anaesthesia. It is especially suitable if you are high risk for general anaesthesia.
- Recovery following the procedure is faster and less disruptive to your life.
- Shorter time to discharge from the hospital reduces risk of hospital acquired infection.
- Post-procedure pain relief requirement is 10 times less compared to patients who have the procedure under general anaesthesia.
- Avoid major surgery.

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

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 Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

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