

## About NovaSure ablation

Your doctor has referred you to have a procedure called a NovaSure ablation as an outpatient as a result of your recent consultation. If you have any concerns about having this procedure whilst you are awake, please do not hesitate to speak to one of the clinic nurses via our appointments team on **01752 431595** who will be happy to help

A NovaSure is a technique that aims to reduce the level of bleeding you have from your periods. The bleeding is caused by the shedding of the womb lining (endometrium). The NovaSure procedure reduces the bleeding by removing the womb lining by using radio frequency generated heat. As a result, the womb lining is no longer able to grow and shed each month.

### What can I expect?

We will ask you to attend the Lancaster Suite one hour before your procedure to check your details and administer some pre-procedure pain relief and a dose of antibiotics.

The NovaSure procedure is performed under local anaesthetic. The doctor will use a speculum to visualise your cervix and give local anaesthetic to numb the cervix and uterus.

Once the anaesthetic has taken effect, the doctor will widen the cervical canal slightly to allow the introduction of the NovaSure device in to the uterus. The device uses a triangular shaped mesh to deliver heat to the endometrial surface. This is enough to remove the womb lining and seal the blood vessels at the surface

You may feel some warmth and discomfort during the procedure which lasts for around 90 seconds

### How should I prepare?

- You should ensure that you use contraception from your period immediately prior to your appointment until you are seen so that we are sure you are not pregnant at the time of the procedure.
- If you are bleeding on the day of your appointment, the procedure will still go ahead.
- Your appointment time will last about 45 minutes but occasionally some consultations may overrun.
- You may eat and drink as normal before attending for your appointment.



## What happens after the procedure?

If you feel well after the procedure, you may go home when you are ready. However, there is a quiet space available for you to recover before you leave the department, should you require.

You may wish to take things easy for the remainder of the day. In most cases, you will be able to drive yourself home; however, you may wish to have someone accompany you.

You can continue with simple analgesia such as paracetamol, ibuprofen and an antispasmodic medication called Buscopan which can be bought over the counter at the pharmacy. We can also give you a small supply of oral morphine to take home after your procedure. You are likely to need some form of painkillers for the following 24 hours for some mild cramping but most women feel back to normal within a day or so.

A watery or bloody discharge is quite normal following the procedure. You will need to wear a sanitary pad after the procedure.

You should seek the advice of your GP if you have the following

- A high temperature
- Worsening pain, not relieved by analgesia
- Nausea, vomiting
- Bowel or bladder problems
- A green discharge

You must continue with a suitable contraceptive following the NovaSure ablation until you are past the menopause. Pregnancy after a NovaSure procedure can be dangerous

If you have any queries either before or following your visit please do not hesitate to speak to one of the clinic nurses via our appointments team on **01752 431595**



**This leaflet is available in large print  
and other formats and languages.**

**Contact: Administrator**

**Tel: 01752 431595**

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