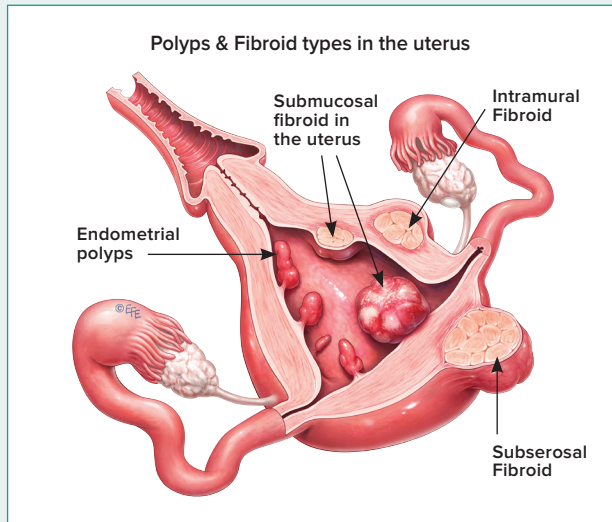


## What are uterine fibroids?

Fibroids are normally benign growths in the muscle walls of the uterus. Another medical term for fibroids is “leiomyoma” or just “myoma.” Fibroids may occur individually, or there can be many of them in the uterus. They can be as small as an apple seed or as big as a grapefruit. There are different fibroid types, classified by where they grow.

## What are endometrial polyps?

Endometrial polyps are small, excess growths of tissue that occur on the uterine lining (endometrium). They are overgrowths of the same kind of cells as the lining itself and may appear as finger-like projections or little mushrooms. As they grow, they become fragile and bleed, and as such, they are a common cause of abnormal uterine bleeding. Polyps can occur singularly or in multiples and range in size from a couple of millimetres to several centimetres.



The MyoSure® procedure is intended to remove submucosal fibroids and endometrial polyps.

Talk to your doctor to learn more about the MyoSure procedure and to determine if it is suitable for your individual clinical needs.

[myosure.com](http://myosure.com) | [hologic.com](http://hologic.com)



### Informative resources for women's health

[www.jeanhailes.org.au](http://www.jeanhailes.org.au)

[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

[www.mydr.com.au](http://www.mydr.com.au)

[www.healthywomen.org](http://www.healthywomen.org)

[www.familydoctor.co.nz](http://www.familydoctor.co.nz)

This Medical Device must be administered by a healthcare professional. Always read the label and follow the instructions.

**References:** 1. Hologic data on file. 2. American Society for Reproductive Medicine. Uterine Fibroids: A Guide for Patients. Patient Information Series 2003. [http://www.asrm.org/uploadedFiles/ASRM\\_Content/Resources/Patient\\_Resources/Fact\\_Sheets\\_and\\_Info\\_Booklets/uterine\\_fibroids.pdf](http://www.asrm.org/uploadedFiles/ASRM_Content/Resources/Patient_Resources/Fact_Sheets_and_Info_Booklets/uterine_fibroids.pdf) 3. Emanuel MH, Wamsteker K, Hart AA, Metz G, Lammes FB. Long – term results of hysteroscopic myomectomy for abnormal uterine bleeding. *Obstet Gynecol.* 1999;93:743-748 (II-2) 4. Ayas S, Gurbuz A, Eskicirak E, Selcuk S, Alkan A, Eren S. Follow – up and hysteroscopic evaluation of the uterine cavity after hysteroscopic polypectomy. *SAJOG.* 2011;17:10-13

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## Treatment for fibroids and polyps.



This brochure is designed to assist Australian and New Zealand healthcare professionals when consulting with patients who are considering treatment for the removal of fibroids and polyps. It contains information on the MyoSure® procedure and is designed to help women make an informed choice in consultation with their doctor.

There are options available to treat fibroids and polyps.  
**MyoSure® may be the answer.**



# MyoSure® Fibroid & Polyp Removal.



**MyoSure® is an incision-free procedure that removes submucosal fibroids and endometrial polyps from the uterus.**

**MyoSure is a treatment option for women seeking to reduce heavy bleeding symptoms following a diagnosis of fibroids or polyps, and preserve uterine form and function.**

## Why may MyoSure be right for you?

It is clinically proven to effectively reduce abnormal uterine bleeding symptoms caused by submucosal fibroids and endometrial polyps.<sup>1</sup>

- Uterine form and function is preserved
- No long recovery time

## Frequently asked questions

### What can I expect after the MyoSure procedure?

Some women may experience some mild cramping after the procedure. Your doctor may recommend an over-the-counter pain reliever if cramping persists. You should be able to resume your normal activities within two days. Very few patients experience complications following the procedure.<sup>2</sup>

However, you should call your doctor immediately if you develop:

- A fever higher than 38°C (100.4°F)
- Worsening pelvic pain that is not relieved by ibuprofen or other prescribed medicine
- Nausea, vomiting, shortness of breath, dizziness
- Bowel or bladder problems
- A greenish vaginal discharge (reddish, yellowish or brownish is normal)

### What will my periods be like after the MyoSure procedure?

The overall effectiveness for reducing heavy bleeding caused by fibroids or polyps is more than 90%.<sup>3,4</sup> However, every woman is different. Plan to give your body about three months to fully heal on the inside and resume its normal cycle. Then, you and your doctor should have a better understanding of what your periods will be like.

### How quickly can I resume my normal activities?

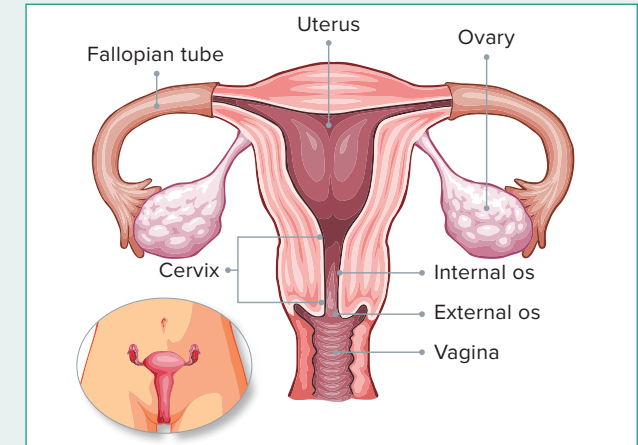
MyoSure is a day-only procedure and requires no incisions. On average, a 3cm fibroid (about the size of a grape) can be removed in approximately 10 minutes. You should be able to resume your normal activities within two days.

## PROCEDURAL STEPS

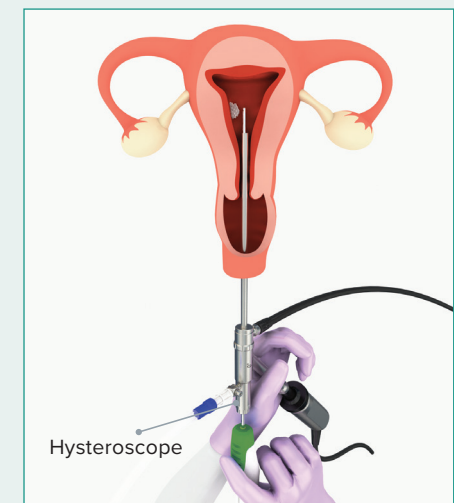
This procedure is typically performed under general anaesthetic.



Your doctor will dilate your cervix up to 7 mm.



A hysteroscope will be inserted through your dilated cervix, and your uterus will be expanded using a saline solution, so that your doctor can see the inside of your uterus.



The MyoSure Tissue Removal Device will be inserted through the hysteroscope and the fibroid or polyp will be removed through the device.