

## Myosure Hysteroscopic Procedure

The Myosure Hysteroscopic Procedure is a procedure to remove small polyps (skin tags) and fibroids (small smooth muscle lumps) on the inside of the womb. Myosure is a small device inserted into a Hysteroscope (a small telescope) that is passed into the uterus (womb) via the neck of the womb (cervix). This allows the polyps and fibroids to be seen and treated. The aim of removal of these small fibroids or polyps is to improve symptoms of irregular and/or heavy periods or postmenopausal bleeding and to rule out any abnormalities within the fibroids or polyps.

### What are the Benefits of a Myosure procedure?

- The procedure is performed under local anaesthetic.
- You will not need to stay in hospital overnight and will usually go home the same day, shortly after the procedure.
- You will not have any stitches from the procedure.
- Most patients will be able to return to normal activities within a day or two.

### Before the procedure

A pregnancy test will usually be carried out to confirm you are not pregnant before we carry out the procedure. The Myosure procedure can be performed if you have heavy and/or irregular menstrual bleeding on the day, though the procedure may be postponed if the bleeding is too heavy and obstructs the view inside the womb. If you are bleeding on your appointment day or are expecting to do so, please ring the department on the number below and we will give you advice. You may eat and drink as normal and, if possible, take 2 tablets of Paracetamol (500mg x2) or 400mg of Ibuprofen 1-2 hours before the procedure.

### The Myosure procedure

The Myosure procedure is performed under a local anaesthetic. A small speculum (the instrument used when you have cervical smears taken) will be inserted into the vagina and the neck of the womb (the cervix) visualised. A local anaesthetic will be injected into the cervix to allow the neck of the womb to be gently stretched. A hysteroscope is then passed into the womb through the cervix and the thin Myosure device passed through the hysteroscope to remove the polyp(s) or fibroid(s). The whole procedure takes about 15 to 20 minutes and you will be able to watch on a small television screen should you wish.

After the procedure you will be able to go home when you are ready. If you get any tummy cramps your doctor will advise on some pain relief with either Paracetamol or Ibuprofen.

### Risks from a Myosure procedure

The Myosure procedure is a safe and quick way to remove polyps and fibroids inside the womb. However, all surgical procedures have some risk attached and these may include:

- Abdominal (tummy) cramps during or after the procedure.
- Vaginal bleeding.
- Feeling sick, dizzy or faint.

- Uterine (womb) perforation which can also very rarely lead to damage to the bladder, bowel or internal blood vessels.
- Infection of the womb which usually responds well to antibiotic treatment.
- Too much absorption of fluid. This may need to be treated with drugs and overnight monitoring.
- Failure to gain entry to the womb and /or failure to remove the polyp or fibroid. Your Doctor will advise on further management.

### **Alternatives to the Myosure Procedure**

1. Despite having a polyp or fibroid, you may decide not to have any treatment.
2. Your polyp and/or fibroid can be removed under a general anaesthetic with hysteroscopic resection.

Your Gynaecologist will discuss these options with you.

### **After the Procedure**

You will normally be allowed to go home shortly after the Myosure procedure and will be advised about any pain relief tablets to take (usually Paracetamol 500mg x2 tablets every 6 hours or Ibuprofen 400mg every 8 hours). We would also advise that for the duration of bleeding immediately after the procedure you

- take showers rather than baths
- avoid swimming and sexual intercourse for 2 weeks
- use sanitary towels instead of tampons.

If you develop an unpleasant vaginal discharge or a temperature over 37.5°C or feel unwell after the procedure, please contact your GP or phone NHS 111 to inform or attend your local emergency department.

**Contact: Surgical Assessment Unit, Ward 15 SMH 01296 315000**

### **How can you help reduce healthcare associated infections?**

Infection prevention and control is important to the well-being of our patients and for that reason we have infection prevention and control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections.

**If you need advice or further assistance, please contact our patient advice and liaison service (PALS): call 01296 831120 or email [bht.pals@nhs.net](mailto:bht.pals@nhs.net)**

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

### **Division of Women, Children & Sexual Health Services**

*Approvals:*

*Specialist Services Joint Board and Clinical Governance – Mar 2022*

*Gynae Guidelines Group: Feb 2022*

*O&G SDU: Jun 2022*

*Patient Evaluation forms: Mar 2022*

*Equality Impact Assessment: Mar 2022*

*Communications Advisory Panel: Jan 2023*