



Original Link: <http://www.novasure.com/info/novasure-and-heavy-periods/what-is-novasure.cfm>

What is NovaSure Endometrial Ablation?

NovaSure® is a quick, safe, and simple procedure to lighten or stop your periods, without the side effects of hormones or the risks of hysterectomy.

Why choose NovaSure?

- It's Safe: No pills. No hormonal side effects.
- It's Effective: For 90% of women, menstrual bleeding is dramatically reduced or stopped.
- It's Quick: NovaSure is a one-time, five-minute procedure that can be done in your doctor's office, usually for the cost of a copay.

[Download a free brochure about the NovaSure procedure.](#)

*Cooper J, et al. A randomized, multicenter trial of safety and efficacy of the NovaSure system in the treatment of menorrhagia. J Am Assoc Gynecol Laparosc. 2002; 9:418-428.

How does NovaSure work to treat heavy periods?

The one-time, 5-minute in-office procedure trusted by over 1 million¹ women.

NovaSure® is an endometrial ablation (EA) procedure that can reduce or stop menstrual bleeding. It works by removing the endometrium, or the lining of the uterus (the part that causes the bleeding), with a quick delivery of radiofrequency energy.

Here's how NovaSure works:



Your doctor slightly opens your cervix (the opening to the uterus), inserts a slender wand, and extends a triangular mesh device into the uterus



The mesh gently expands, fitting to the size and shape of your uterus



Precisely measured radio frequency energy is delivered through the mesh for about 90 seconds



The mesh device is pulled back into the wand, and both are removed from the uterus.

No part of the NovaSure device remains inside your body after the procedure.

[Download a free brochure about the NovaSure procedure.](#)

[Watch an animation of the NovaSure procedure](#)

[Find out what to expect with the NovaSure procedure](#)

¹Hologic Inc., Data on file, 2009.

Benefits and considerations of NovaSure for heavy periods

It's Safe

No pills. No hormonal side effects.

It's Effective

For 90% of women, menstrual bleeding is dramatically reduced or stopped.

It's Quick

NovaSure[®] is a one-time, five-minute procedure that can be done in your doctor's office, usually for the cost of a copay.

NovaSure can do more than just stop the bleeding. Many women who've had the NovaSure procedure say they are now able to spend more time at work and daily activities, participating in more social and athletic outings now that they no longer suffer from heavy bleeding. They also report improved energy

levels, better moods, and a boost in self-confidence. And many also had a significant reduction in painful periods and PMS symptoms like irritability.*

Not all women are candidates for NovaSure Endometrial Ablation.

Your doctor will explain the risks of all treatment options. NovaSure is for premenopausal women with heavy periods due to benign causes who are finished childbearing. Pregnancy following NovaSure can be dangerous. NovaSure is not for those who have or suspect uterine cancer, have an active genital, urinary or pelvic infection or an IUD. NovaSure is not a sterilization procedure. Rare but serious risks include but are not limited to thermal injury, perforation and infection. Temporary side effects may include cramping, nausea, vomiting, discharge and spotting.

[Download a detailed description of the risks and considerations of the NovaSure procedure.](#)

*Cooper J, et al. A randomized, multicenter trial of safety and efficacy of the NovaSure system in the treatment of menorrhagia. J Am Assoc Gynecol Laparosc. 2002; 9:418-428.

Frequently asked questions (FAQs) about heavy periods and NovaSure Endometrial Ablation

- [What is NovaSure®?](#)
- [Is NovaSure right for me?](#)
- [Can I still become pregnant after the NovaSure procedure?](#)
- [What can I expect after the NovaSure procedure?](#)
- [When will I know what my periods will be like after the NovaSure procedure?](#)
- [Are women with heavy periods satisfied with the NovaSure procedure?](#)

What is NovaSure?

NovaSure® Endometrial Ablation is a one-time, 5-minute procedure that gently removes the lining of the uterus—the part that causes the bleeding. The NovaSure procedure can reduce or stop bleeding altogether. It's a less invasive alternative to hysterectomy, and avoids the potential side effects of hormones.

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Is NovaSure right for me?

Women with heavy or long-lasting periods who do not wish to have children in the future may be candidates for the NovaSure procedure. Your doctor can decide if NovaSure is right for you. But if you're sure you don't want any children in the future, and your doctor rules out more serious causes of heavy bleeding, you may be a good candidate for the NovaSure procedure.

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Can I still become pregnant after the NovaSure procedure?

Because NovaSure treats the lining of the uterus, your chances of getting pregnant after the procedure will be reduced. However, it is still possible to get pregnant if you're sexually active. A pregnancy after an ablation is very dangerous for both the mother and the fetus, since the

uterine lining would not be able to properly support fetal development. It's very important to talk to your doctor about what birth control you will use after the NovaSure procedure.

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What can I expect after the NovaSure procedure?

Immediately after the NovaSure procedure, some women may experience some cramping, mild pain, nausea, and/or vomiting. Most women feel back to themselves and can resume normal activities within a day or so. Be sure to follow any instructions from your doctor, no matter how good you're feeling. A watery and/or bloody discharge following the NovaSure Endometrial Ablation procedure is normal. It could start anywhere from immediately after the procedure to a couple of weeks afterwards. The discharge may last only briefly, or for up to a couple of months. It could even come and go, increasing after certain activities. This is quite normal and can be expected with any endometrial ablation procedure.

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When will I know what my periods will be like after the NovaSure procedure?

Every woman is different. Plan to give your body about 3 months to fully heal on the inside and resume its normal cycle. Then, you and your doctor should be able to tell what your cycle and your periods will be like.

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Are women with heavy periods satisfied with the NovaSure procedure?

Yes! In a clinical study, 12 months after the NovaSure procedure:

- 95% of patients were satisfied with the results*
- 97% said they would recommend NovaSure to a friend*

Doctors prefer NovaSure too:

- Nearly 7 out of every 10 endometrial ablation procedures performed are NovaSure

[Download a free brochure about the NovaSure procedure.](#)

Reference:

* Cooper K, Jack S, Parkin D, Grant A. Five-year follow up of women randomized to medical management or transcervical resection of the endometrium for heavy menstrual loss; Clinical and quality of life outcomes. Br J Obstet Gynaecol. 2001;108:1222-1228.

Is NovaSure Endometrial Ablation right for me?

If you are absolutely sure that you never want to have any children in the future, and would like to stop your heavy period and restart your life, NovaSure[®] Endometrial Ablation may be right for you.

- [Take the quiz: Is NovaSure right for me?](#)

If you know you don't want children right now, but think you could change your mind in the future, then do not choose a one-time treatment option. Try a temporary treatment option instead.

- [See chart comparing different treatment options](#)
- [Download a free Doctor Discussion Guide](#)
- [Download a free brochure about the NovaSure procedure](#)

What to expect from the NovaSure procedure

What is the NovaSure procedure like?

NovaSure® Endometrial Ablation is the simple, one-time, 5 minute procedure trusted by over one million women - without hormones or hysterectomy.

- It can be done in a doctor's office
- The entire procedure typically takes less than 5 minutes
- It is performed without any incisions
- There is no need for general anesthesia
- Most women report little or no pain, and return to their regular activities within a day

Here's what you can expect before, during, and after the NovaSure procedure:

Before the NovaSure® procedure

- The procedure can be scheduled any time during your menstrual cycle, even if you are bleeding at the time. Your doctor will give you a pregnancy test before the procedure to confirm you are not pregnant.
- You may be given an anti-inflammatory medicine, to take an hour or two before the procedure, to reduce discomfort.

During the NovaSure procedure

- Your doctor may inject a local anesthetic into your uterus (the cervix). No general anesthesia is required, so you will probably be awake during the procedure.
- Your doctor slightly opens your cervix (the opening to the uterus), inserts a slender wand, and extends a triangular mesh device into the uterus.
- The mesh gently expands, fitting to the size and shape of your uterus.
- Precisely measured radio frequency energy is delivered through the mesh for about 90 seconds.
- The mesh device is pulled back into the wand, and both are removed from the uterus.
- The entire procedure usually takes less than 5 minutes.

Right after the NovaSure procedure

- Before you leave the doctor's office, you will receive discharge instructions. These instructions typically include the following information:
 - Have someone drive you home.

- Do not drive, operate potentially dangerous machinery, sign legal documents or make critical decisions the day of the procedure. You may resume regular activities the next day.
- A heating pad placed on your lower abdomen can help to reduce cramping.
- Consult your physician about medication to help reduce cramping.
- You may shower the same day but refrain from swimming and baths.
- Please refrain from anything in the vagina for 4 weeks. This includes tampons and intercourse.
- Call your doctor if you have...
 - ...increased abnormal discharge.
 - ...increased post-procedural pain.
 - ...increased bleeding.
 - ...fever above 100.4F.
- Be sure to check with your own doctor to find out what your specific discharge instructions are.
- Most women report little or no pain, and return to their regular activities within a day.

[Download a free brochure about the NovaSure procedure.](#)

Permanent contraception with NovaSure

- When you have the NovaSure procedure, you'll need long-term birth control, since it's still possible to become pregnant and a pregnancy after any ablation procedure is unsafe for both mother and fetus.

Heavy periods and NovaSure Endometrial Ablation frequently asked questions (FAQs)

- [What is NovaSure®?](#)
- [Is NovaSure right for me?](#)
- [Can I still become pregnant after the NovaSure procedure?](#)
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