

## PATIENT INFORMATION

# Advice Sheet Myosure Procedure for Removal of Polyps or Fibroids from the Womb.

You should have been given Myosure information leaflet prior to your procedure today which fully explains the procedure and its associated risks. The clinician will also explain the risks and ask for you to sign a consent form.

Following the procedure, you may experience some mild cramping or nausea.

It is usual to experience some bleeding and watery discharge for up to a week following your procedure – only use sanitary towels / liners. It is advisable not to use tampons or have sexual intercourse or to go swimming until the bleeding / discharge has stopped; this is to reduce the risk of infection. You should feel well enough to resume all other normal activities within a day or two.

Very few patients experience complications following the Myosure procedure. However, you should call your doctor or seek advice using the helpline numbers at the bottom of the page, or if you develop any of the following:

- Raised temperature above 38c
- Worsening pelvic pain that is not relieved with simple pain killers
- Nausea, vomiting, shortness of breath / dizziness
- Bladder / bowel problems
- Heavy bleeding with clots
- Offensive smelling discharge

**Longer term advice**

Every woman is different, but your next period could be slightly heavier than usual and your body can take up to three months to heal fully and establish its normal menstrual cycle.

**Contraception**

Please continue with your normal method of contraception before and after the procedure, unless otherwise instructed by the doctor.

Should you require help or advice, please contact the nursing team on:

01803 – 655931 Mon – Fri 8am – 5pm (excluding bank holidays)

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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Working with you, for you