

Myosure (Hysteroscopic Morcellation)

This leaflet explains more about Myosure, including the benefits, risks and any alternatives and what you can expect when you come to hospital.

If you have any further questions, please speak to a doctor or nurse caring for you.

What is Myosure?

The Myosure is a small device which is placed inside a hysteroscope (a narrow telescope with a camera and light at the end). This is then inserted into the womb through the vagina and cervix. This enables us to visualise as well as to remove polyps and fibroids growing inside the womb.

Why should I undergo a Myosure procedure?

It is likely that you will have undergone an ultrasound and/or hysteroscopy which has indicated that there is a polyp and/or fibroid present or we need a larger biopsy of the lining of the womb.

Polyps can be associated with abnormal vaginal bleeding including heavy bleeding, bleeding in between periods or bleeding after the menopause. Fibroids can result in heavy and prolonged periods.

A Myosure procedure is a safe and quick way of removing polyps and fibroids, in the outpatient setting, which means that most women will be able to go home shortly after the procedure.

Preparing for the procedure

- You can eat and drink as usual
- Please take some simple pain killers such as paracetamol or ibuprofen an hour before to minimize any discomfort
- The procedure will be in the Ambulatory Gynaecology Unit, 4th floor, Lanesborough Wing, St George's Hospital.

What happens during the procedure?

Before the procedure begins you will meet the team looking after you that day. The team will consist of a clinician, nurse and healthcare assistant. The clinician will go through your personal medical history with you and then fully explain the procedure and any associated risks. You will have an opportunity to ask questions before proceeding.

Depending on the circumstance, we may recommend the use of local anaesthetic. This will involve inserting a speculum (the same instrument used during a smear test) into the vagina before injecting local anaesthetic into the cervix.

Once you are ready we will insert the hysteroscope using saline fluid into the vagina and through the neck of womb (cervix) and then into the womb. Fluid will be introduced to distend the cavity (it is normal to feel water coming out). We will then be able to visualise inside the womb and this will be displayed on a screen next to you. The Myosure will then be used to gently remove the polyp/fibroid (you may hear a whirring noise from the machine). Any specimen we remove will be sent to the laboratory for examination.

During the procedure you may feel some cramps, similar to period pain. This can be minimised if you take pain killers beforehand, however if you have any concerns you will be able to immediately inform the team looking after you.

The procedure usually takes 10-20 minutes in total.

What happens after the procedure?

Following the procedure you will be able to go home as soon as you feel ready (usually within 15 minutes) and carry on with normal activities. It is a good idea for someone to accompany you home, however this is not essential and you will be fine to drive or take the journey unaided.

Occasionally you may experience mild discomfort for 24-48 hours afterwards which is usually helped by taking paracetamol or ibuprofen. You may have some temporary mild vaginal bleeding afterwards and until this has stopped it is advisable to refrain from using tampons, having sexual intercourse or going swimming.

We will write to you and your GP by letter with the results of the laboratory findings, usually within a few weeks.

Are there any risks involved?

Overall Myosure is extremely safe, however as with all surgical procedures there are some associated risks and side effects to be aware of which include:

- Pain or cramping
- Feeling sick, dizzy or faint
- Vaginal bleeding or spotting afterwards
- Infection of the womb or bladder which may require antibiotics
- Failure to gain entry into the womb or failure to remove the polyp/fibroid. This may require the procedure to be rebooked with a general anaesthetic.
- Creating a small hole in the wall of the womb. This is a rare occurrence (less than 1 in 1,000) however it may mean that you stay overnight in hospital for observation. In very rare cases we may recommend either a laparoscopy (keyhole surgery) or a laparotomy (a larger cut in the abdomen) under a general anaesthetic to inspect and repair any damage to any tissues such as bowel, bladder and blood vessels.

Important notes

- ⚠️ **If you are of child bearing age you must use contraception from the start of your period.**
- ⚠️ You cannot have this procedure if you are or think you may be pregnant.
- ⚠️ Please inform us or your GP of any symptoms which may suggest an infection, e.g. offensive discharge, continuing pelvic pain, feeling unwell/feverish.

Contact us

If you have any questions or concerns about Myosure (hysteroscopic morcellation), please contact the outpatient hysteroscopy secretary on 020 8725 1909 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

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