

**CONFIDENTIALITY
AND USE OF PATIENT'S
INFORMATION**

For the purpose of your present and future medical treatment, details of your medical care will be recorded.

Some use may be made of this information for research purposes and to indicate the kind of future health services which patients may require. Some will be processed on a computer.

At all times great care is taken to ensure that high standards of confidentiality are maintained in respect of all information held. The "Data Protection Act 1998" gives you the right of access to any personal information which the Trust may hold about you, either in manual records or on its computers. If you wish to apply for access to your data, or if you would like more information about your rights under the Act you should, in the first instance, contact the Health Records Officer at the Hospital.

ENDOMETRIAL ABLATION

UNDER

LOCAL ANESTHETIC

IMPORTANT INFORMATION

ABOUT YOUR APPOINTMENT

Clinic Held At: Clinic F, 2nd Floor
Stobhill ACH

Direct Line: 0141 355 1209

- What is Endometrial Ablation?

An endometrial ablation is a treatment to remove the lining (endometrium) of the womb (uterus). The most common reason for having an endometrial ablation is to get relief from the symptoms of heavy periods.

- What are the benefits of ablation?

Most women (80-90%) will experience a noticeable reduction in their periods and in some cases periods stop altogether. It may take up to six months for the treatment to be fully effective but many women notice an improvement sooner than this. An endometrial ablation has fewer complications and a quicker recovery time than a hysterectomy.

- What does the procedure involve?

You have chosen to have an endometrial ablation under local anaesthetic in a clinic setting so you will be awake during the procedure. First of all, the gynaecologist will inject local anaesthetic into your cervix to minimise discomfort during the procedure. The inside of your womb will then be checked with a camera (hysteroscopy). The ablation treatment will then be performed. The whole treatment takes about 15 minutes.

- Before your appointment:

- Have a good breakfast
- If you are on any medication, take it as usual unless advised not to
- 1 hour before your appointment take the painkillers and anti-sickness tablet prescribed to you at your clinic visit.
- If you do not have breakfast or painkillers prior to your appointment your treatment may be delayed.
- Inform staff of any medical conditions or allergies

- After your treatment

You should expect to be at the clinic for 1-2 hours and you should have someone to take you home afterwards. Some women may require additional painkillers or anti-sickness medication whilst in the clinic.

It is normal to have crampy pain for a day or two and this should be relieved by simple painkillers. There may be vaginal bleeding like a period for 7-10 days after the treatment and this is usually followed by a watery discharge for 2-4 weeks. You should be able to return to normal activities after 2-4 days.

- Complications for treatment

The procedure is usually straightforward but as with any procedure complications may happen. Occasionally an infection occurs, and this can usually be easily treated with antibiotics. Other complications such as perforation (hole) of the womb, heat or electrical damage to the womb or other areas are possible but rare.

Endometrial ablation is only suitable for women who do not wish a pregnancy in the future and therefore a form of contraception must be continued after the treatment. Cervical smears are still necessary after the treatment.

If you have any concerns after the treatment please do not hesitate to contact the clinic staff for advice on Tel: 0141 355 1220.

Outwith clinic hours patients should contact Ward 56A, PRMH on Tel: 0141 211 4433