



After treatment

You can normally leave the hospital on the day of the procedure unless your doctor thinks that an additional period of observation is required.

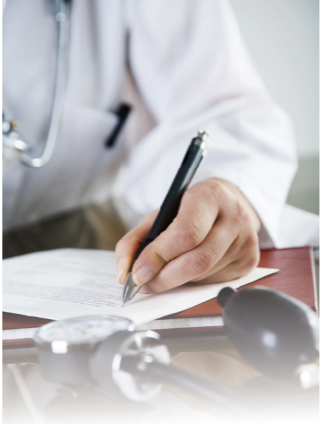
Pain similar to severe menstrual cramp may occur in the first few hours after the procedure. You will be prescribed analgesics.

You can resume your normal activities 2 days after the operation, your condition permitting. Rest is however recommended for the week after the procedure.

Clear, reddish or brownish vaginal discharge generally occurs for 4 to 15 days and sometimes for as much as 4 weeks after surgery. These symptoms are nothing to worry about and are part of the healing process.

It is better not to have a bath, and not to resume sexual activity in the first two weeks after the procedure, unless otherwise advised by your doctor.

Cavaterm™ is not a contraceptive, and an appropriate form of contraception must be used until the menopause. Discuss this with your doctor.



Cavaterm™ treatment process and recommendations for your doctor

Before treatment

You next appointments:

Dr. at :

Dr. at :

Dr. at :

The day of treatment

Dr. at :

After treatment

Contact after treatment:
.....

Post-treatment appointments:

Dr. at :

Dr. at :

Dr. at :



Excessive bleeding affects your quality of life

You are suffering from heavy periods and your doctor recommends endometrial ablation.

You have been offered treatment with Cavaterm™





How does it work?

The **Cavaterm™** is a minimally invasive surgical technique called “balloon thermal ablation” which is used to destroy the uterine mucosa (known as the endometrium) which causes the bleeding. **Cavaterm™** is a fine tube (called a catheter) with a flexible balloon at the end. This balloon is inserted into the uterus. The endometrium is destroyed by the effect of heat given off by the balloon when it is in contact with the mucosa lining the uterine cavity. The endometrium is ablated in 10 minutes.

What can you expect from the Cavaterm™ treatment?

Most women treated with **Cavaterm™** have normal, much less heavy periods after the procedure. Periods generally return to normal or become light within the first 2-3 months after the procedure. Some patients do not have periods at all after the procedure, even though they are not menopausal.

What you should know before the Cavaterm™ treatment

Cavaterm™ is a “second generation” method for the endometrial destruction and is recommended by different gynaecological societies and colleges (i.e. USA, UK, France, Canada).



- **No incision is required** for the **Cavaterm™** procedure. The catheter is introduced through the vaginal opening and the cervix.
- **Cavaterm™ does not contain any hormones** and does not affect your hormonal balance.
- **Cavaterm™ is not indicated if you wish to become pregnant in the future.** Pregnancy after endometrial ablation is potentially dangerous for the mother and the fetus.
- **Cavaterm™ is not a contraceptive.** An appropriate form of contraception must be used until the menopause.
- The **Cavaterm™** procedure can be scheduled for any time in your menstrual cycle.
- The procedure takes a total of about 20 minutes in the operating theatre. **Cavaterm™** treatment can be carried out under a mild anaesthesia

Like all endometrial ablation techniques, there are risks associated with the operation (for example, endometritis, burns/lesion of the cervix or perforation of the uterine lining). These risks are rare.*

Do not hesitate to discuss these risks **with your consultant**

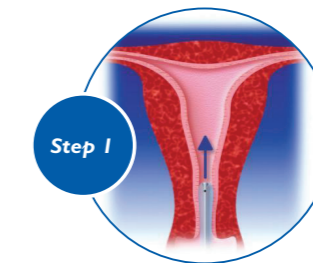
* MacLean-Fraser E, Penava D, Vilos GA. Perioperative complication rates of primary and repeat hysteroscopic endometrial ablations. J Am Assoc Gynecol Laparosc (2002); 9:2 (175-7))



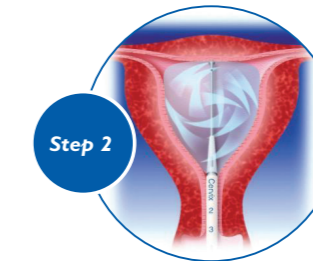
During treatment

The **Cavaterm™** treatment cycle takes 10 minutes.

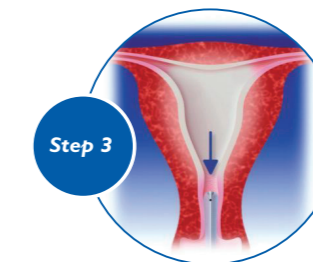
There are 3 steps in the procedure:



The doctor slightly dilates the cervix and inserts the catheter through the vagina.



The silicone balloon is filled with a sterile solution so that it moulds itself to the uterine cavity contours and thus is in contact with the endometrium. The liquid is heated and kept at the necessary temperature for 10 minutes.



At the end of the treatment cycle, the balloon is deflated and removed.



Manufactured by Veldana Medical S.A.
Av. Riond-Bosson 14 | 1110 Morges | Switzerland 7
Tel. +41 21 804 99 00 | Fax +41 21 804 99 01
info@veldanamedical.ch | www.cavaterm.com