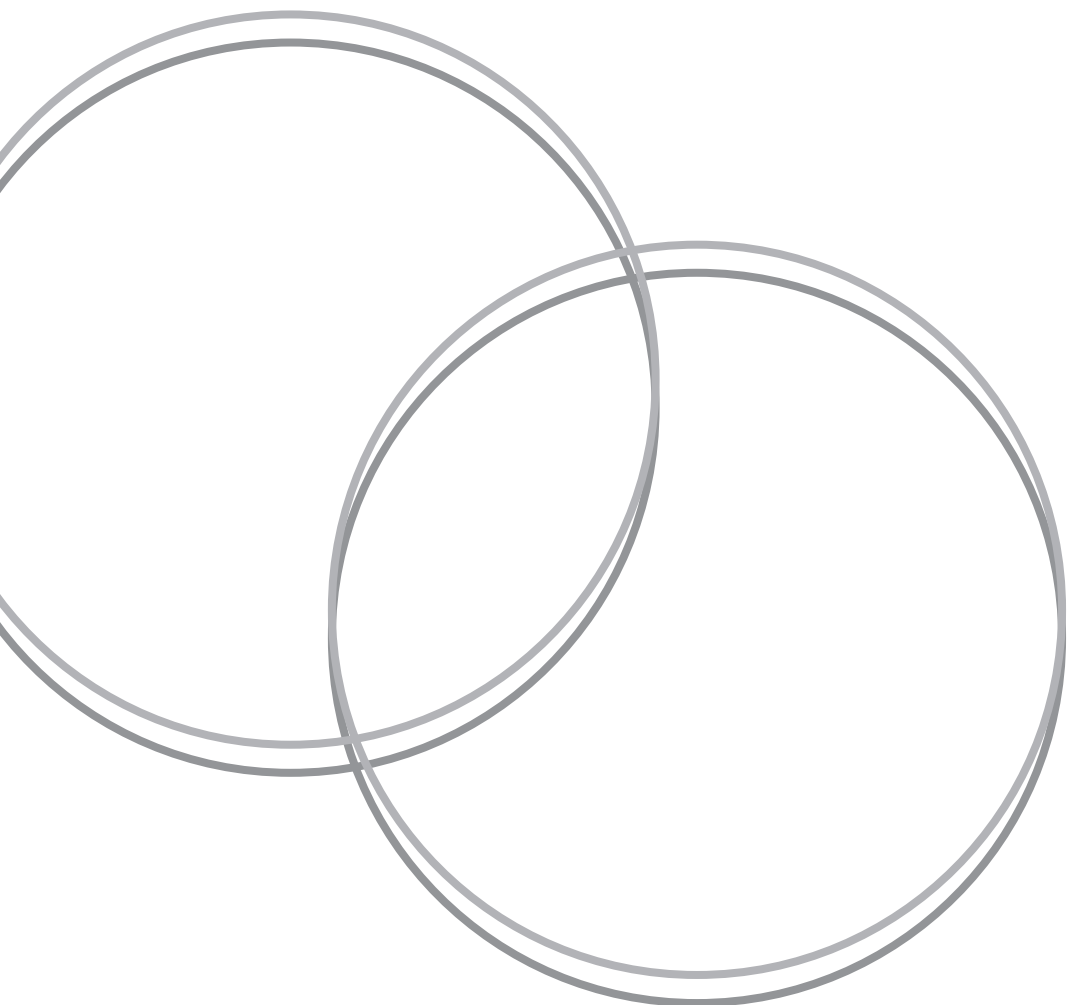




Oxford University Hospitals
NHS Foundation Trust

Truclear (Hysteroscopic Tissue Removal System)

Information for patients



This leaflet explains what Truclear is and what to expect from the procedure. Please ask our team any questions you have about the information within this leaflet.

What is Truclear?

Truclear is a tissue removal system that removes polyps or fibroids without making incisions or using electricity in the uterus. A hysteroscopy is an investigation where a small telescope is passed through your cervix to examine the inside of your womb. You may have already had an outpatient hysteroscopy to diagnose a polyp or fibroid.

Why should I have this procedure?

Truclear is beneficial for women who have heavy or irregular bleeding due to polyps or fibroids. The Truclear procedure provides you with a safe, minimally invasive treatment option and can be performed in an outpatient setting with minimal recovery time.

What are the risks associated with this procedure?

- There is a small risk (less than 1%) of perforating (making a hole) in the womb. If this occurs, you may require a further procedure under a general anaesthetic.
- There is a small risk of infection (less than 1%).
- A small amount of bleeding is normal after the procedure.

Will the procedure be painful?

It is important that you take some pain relief one hour before your procedure. Paracetamol 1 gram (2 tablets) and 400 milligrams Ibuprofen is recommended. If you are unable to take Ibuprofen, please take a Paracetamol and Codeine combination.

The procedure may cause period type cramping which can vary from patient to patient. The pain relief taken prior to the procedure, along with the local anaesthetic injection given to your cervix will reduce any discomfort. A nurse will be with you to support you throughout the procedure and if it gets too uncomfortable the procedure can be stopped.

What should I expect at my appointment?

We advise you to eat breakfast or lunch and take any prescribed medications on the day of your procedure.

Please bring an early morning sample of urine or you can provide a sample on admission. This is because we routinely do a pregnancy test before performing the procedure.

You will see doctor who will explain procedure and take consent after discussing benefits and risks. You will be introduced to the staff that will be in attendance to support you throughout the procedure and any questions or concerns you may have will be answered. You will be taken to the procedure area/room and shown to the changing room and asked to remove your lower undergarments.

You will be given a cover to maintain your dignity. We will ask you to lie on a couch and your legs will be positioned and supported.

A speculum will be inserted into your vagina – much like a smear test. A local anaesthetic gel or injection is then injected into the cervix and the opening dilated slightly to allow the instrument through.

This will be followed by a procedure called a hysteroscopy where a small telescope is inserted into the vagina, through the cervix, and into the cavity of the uterus.

Saline (salt water solution) is passed down the telescope and you may feel some fluid in the vagina – this is normal. The Truclear device is then passed down the telescope into your uterus and held against the polyp or fibroid to remove it. After removing the tissue, the doctor will remove the instruments completing the procedure. The tissue will then be sent off for testing.

How long does the procedure take?

The procedure only takes 10 to 20 minutes but please allow one hour for the appointment. This gives you time to discuss any questions you may have and have a drink afterwards, which we will provide.

Please note that partners, relatives or friends will be asked to wait in the waiting area until you are ready to be discharged.

Going home:

After the procedure you will be taken to the recovery room.

- We advise that you rest for approximately 30 minutes or until you feel ready to go home.
- The results will be posted to you and your GP with a summary of the procedure. This takes approximately two to four weeks. In some cases, we will contact you by telephone.
- It is normal to experience bleeding for up to three days after the procedure, and you may experience a dull period pain for approximately 24 hours. You will be advised to continue with your pain relief until this settles.
- If the bleeding becomes heavy and smells offensive, please contact your GP.

It is recommended that you:

1. Use sanitary pads rather than tampons for the bleeding.
2. Refrain from sexual intercourse until the bleeding stops.
3. Have someone to take you home, although it is not compulsory.
4. Do not return to work on the day of the procedure but resume your normal activities the following day.

Who should I contact if I have any questions or problems?

If you have any questions or need to change your appointment, you can contact us on the numbers below. They will be able to arrange for a doctor or nurse to call you back if required.

Gynaecology Outpatient's Reception desk:

Tel: **01865 221378**

If you have an URGENT enquiry outside of these hours, please contact your GP or go to your nearest Emergency Department (A&E).

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any suggestions or comments about your visit, please speak to a member of staff.

Other sources of information:

NHS Choices:

The UK's biggest health website, certified as a reliable source of health

information: **www.nhs.uk**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
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