

Patient Advice and Liaison Service (PALS)

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Large print and other languages

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এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

ہم نے ہڈی کے اس جے جے، یہی ایکس ای ایک بایوسس ڈی سیسٹم کے ساتھ لڈا بٹم تامل عمل میں
ٹنرپ ایس ایس اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید
معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔

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Patient information

Fibroid treatment options

What are fibroids?

Fibroids are benign (non-cancerous) growths made up of muscle fibres that grow in the womb; they can be as small as pea or as large as a melon. 75% of women with fibroids have no symptoms. The exact cause is unknown. Fibroids are rare for women under the age of 20, most are commonly affected in the 3rd and 4th decades; they usually shrink after menopause. Fibroids grow under stimulation from the hormones produced by the ovaries. The hormones are Oestrogen and Progesterone.



What are the symptoms?

Less than half of all women with fibroids get symptoms. So you may not even know you have fibroids. Often, large fibroids can cause problems, such as:

- Heavy or painful periods
- Pain or pressure in your abdomen
- Having to pass urine often
- Problems getting pregnant (this is rare)
- Miscarriages
- Abdominal swelling

What are the treatment options for fibroids?

If fibroids are not causing any symptoms they may not need to be treated. The decision whether your fibroids need treatment will be made after a discussion between you and your doctor about the symptoms and the size of the fibroids.

Medical treatment fibroids cause your periods to be heavy, your doctor can prescribe a medicine to make your periods lighter.

- A drug called tranexamic acid (brand name Cyklokapron) reduces heavy bleeding.
- If your periods are painful, medicines called nonsteroidal anti-inflammatory drugs (NSAIDs) can lighten the blood flow and ease pain. Mefenamic acid (brand name Ponstan) is one NSAID used for painful periods. You can buy an NSAID called ibuprofen from a pharmacy without a prescription.

Hormonal treatment

If you are not trying to get pregnant, you could take the oral contraceptive pill, which may make your periods lighter.

Depending on the size and location of the fibroid, another option is the Mirena coil, which releases the hormone Progesterone. If you have heavy periods, this type of coil may make your periods lighter.

A group of drugs called GnRH analogues temporarily reduce oestrogen levels in your body and cause fibroids to shrink. They can also reduce

menstrual flow and reduce the pain of fibroids. They are usually administered by a monthly injection for up to 6 months. They may cause side effects like hot flushes and sweats.

However GnRH analogues only shrink fibroids for a short duration. Once you stop taking the drugs your fibroids may grow again, albeit slowly. GnRH analogues are mostly used to reduce fibroid size before surgery. This makes any surgery carried out to remove fibroids easier to perform. Alternatively you may be prescribed a tablet called Esyma for 3 months prior to surgery or short term treatment. This medication also shrinks fibroids but without any menopausal-like symptoms.

Surgical treatment

Myomectomy is a major operation done, under general anaesthetic, to remove just the fibroids from the womb. It can be performed by a cut in the abdomen (tummy) or by laparoscopic (keyhole surgery). You may need to stay in hospital for about three days and recovery can sometimes take up to 4-6 weeks. 1 in 250 women undergoing a myomectomy will require a hysterectomy (removal of womb) due to heavy bleeding during the operation.

Hysterectomy is also a major operation to remove your womb and is most suited for women who have completed their families. You can have your womb removed through open surgery (a large cut in your abdomen) although in some cases it is possible to do this through keyhole surgery (a small cut in your abdomen) or vaginally depending on the size of the fibroids.

In endometrial ablation your womb lining is destroyed using heat from microwaves, electrical currents, or a heated rollerball. This type of operation works well only if you have small fibroids.

Uterine artery embolization is a technique, which involves cutting off the blood supply to your fibroids to make them shrink. Tiny plastic beads are injected into the main blood vessel in your womb to block off the blood supply. An MRI may be needed to map the location of the fibroids in the uterus.

Whichever treatment option is best for you will be discussed fully with you and you will have the opportunity to have your questions answered.