

Patient Information

Outpatient Transcervical Ultrasound Guided Radiofrequency Treatment of Uterine Fibroids (SONATA)

What is Sonata Fibroid Ablation?

SONATA or Sonography-Guided Transcervical Fibroid Ablation is an incision-free treatment option for women with symptomatic uterine fibroids. Using an intrauterine ultrasound device to locate and target individual fibroids, radiofrequency energy is delivered directly to the fibroid to reduce their size and ease symptoms.



Before your procedure

As you will not be having a general anaesthetic, you do not need to fast for this procedure. It is important that you have breakfast or lunch before you attend for your appointment. Please remove all abdominal/ genital piercings before the procedure. You need to **provide an early morning urine sample** to perform a pregnancy test upon arrival. If there is any possibility that you may be pregnant, your procedure will be cancelled. If you are sexually active, you must be using reliable contraception or have refrained from sexual intercourse for at least 4 weeks.

Please take pain relieving medication as discussed during your consultation. If you are able to take **Paracetamol**, we recommend **1 gram** approximately 60 minutes before your appointment. **Please arrive 30 minutes before your appointment** as you will be offered further pain-relief and anti-sickness medication prior to your procedure. If you are on regular pain relief medication for another condition, please continue with this; do not take both. **Failing to take adequate analgesia may lead to delays or cancellation of your appointment.**

What happens during the procedure?

SONATA involves inserting a device through the cervix, which means that it does not involve cutting your tummy (incisionless). The device has two parts: the first is a thin camera which allows the surgeon to see and guides the procedure; and the second is a specially designed probe that uses radiofrequency energy to treat the fibroid. The fibroid will shrink over several months, reducing or eliminating symptoms.

What to expect?

The out-patient procedure is performed at Royal Derby Hospital in Ambulatory Hysteroscopy Suite. In the room there will usually be four-five members of staff; the doctor performing the procedure, two members of our nursing team and the technician. As we are a teaching hospital, it is possible that a trainee may also be in clinic. If you would prefer not to have a trainee present, please inform a member of staff.

How will you feel after the procedure?

Before you go home your nurse will provide you with the times that you may take further doses of pain-relieving medication if required. During the first 24 hours, you might experience cramping type pain, nausea, or brown discharge. Most women will feel back to normal within two days after the procedure. You should avoid activities such as swimming, taking a bath (you can shower), sexual intercourse and using tampons for at least two weeks to avoid the risk of infection.

Call the Gynaecology outpatient clinic nursing station (01332789217) if you have any concerns:

- Persistent nausea or vomiting
- Excessive bleeding (greater than 4 pads in 2 hours or as otherwise directed by your doctor)
- Severe abdominal pain
- Fever of 38°C or above
- Greenish or offensive vaginal discharge.

What are the main side effects of the procedure?

- There is a possibility that the procedure cannot be completed. For example, if the fibroids are found to be too large or too close to other organs outside the uterus.
- Any operation inside the uterus carries a small risk of injury (perforation) to the uterus (estimated to be 1 in 200 risk). If this happens, you may need a camera check inside the abdomen.
- There is a rare risk of a burn injury to the bladder or bowel or other pelvic organs.
- Any procedure inside the uterus carries a small risk of infection.
- You may have period-like bleeding whilst the uterus heals after surgery.

What are the results expected from the procedure?

The trials have shown that:

- About 90% of women reported that their period (menstrual) blood loss was reduced at 3 months after the operation.
- 88% of women were satisfied with the outcome after 12 months.

Can I get pregnant after Sonata treatment?

Currently Sonata is not offered to women wishing to conceive although there is limited data of successful pregnancies without complications post Sonata.

If you have any questions about your procedure or appointment, please contact us:

☎ Appointment enquiries (Monday - Friday, 09:00 - 17:00) Tel: 01332 785464

For any emergency advice following symptoms post procedure, please contact:

**☎ Emergency Gynaecology Assessment Unit (at Royal Derby Hospital,
Open 9am to 6pm Monday to Friday and 9am to __pm Saturday & Sunday).
Tel: 01332 786525**