

Treatment for Heavy Periods

Since heavy bleeding develops gradually, you get used to it, or at least manage it. Often women do not realise that continuous heavy periods (menorrhagia) is a medically recognised condition for which there are treatments. Several, in fact. Treatment for heavy periods that can give you back control of your life.

Endometrial Ablation Removal of the womb lining e.g. NovaSure®	Fibroid Removal (& Polyps) Removal options include via uterine artery embolisation or hysteroscopy e.g. MyoSure®	Hysterectomy Removing the womb and possibly ovaries	Hormone Therapy Contraceptive pill/injection or intrauterine hormone device (coil) e.g. Mirena	Non-hormonal Therapy e.g. NSAIDs, Tranexamic acid
For Heavy bleeding	For Fibroids or polyps	For Uterine complaints	For Period pain, heavy bleeding	For Heavy bleeding, period pain
Treatment type Minor operation	Treatment type Minor operation	Treatment type Major operation	Treatment type Pills, injection or inserted into the womb (coil)	Treatment type Pills
Treatment duration* Maximum 2 minutes (average 90 seconds)	Treatment duration** An average of 10 minutes	Treatment duration • 1 hour (vaginal surgery) • 2 hours (keyhole surgery)	Treatment duration Ongoing	Treatment duration Taken during each period
✔ Benefits* <ul style="list-style-type: none"> • One-off treatment • Safe and effective • Excellent success rate • No pre-treatment required • Can be performed any time during the menstrual cycle • Quick recovery • Bleeding decreases or stops entirely 	✔ Benefits** <ul style="list-style-type: none"> • Suitable for women who wish to have children • Uterus (wall) remains intact • Excellent rate of success • No pre-treatment required • Quick recovery • Reduces bleeding 	✔ Benefits <ul style="list-style-type: none"> • Stops menstruation • Permanent solution 	✔ Benefits <ul style="list-style-type: none"> • Suitable for women who wish to have children in the future • Reduces bleeding • Taken by mouth or injection • Also functions as contraception • Is not permanent 	✔ Benefits <ul style="list-style-type: none"> • Reduces bleeding • Suitable for women trying to get pregnant • Help with period pain • Is not permanent
✘ Disadvantages* <ul style="list-style-type: none"> • Not suitable for women who want to get pregnant • Only suitable for pre-menopausal women • Requires local or general anaesthetic • Cannot be reversed • Contraception still required 	✘ Disadvantages** <ul style="list-style-type: none"> • Requires local or general anaesthetic • Sometimes needs to be repeated • Contraception remains necessary 	✘ Disadvantages <ul style="list-style-type: none"> • Major surgery with associated risks • Requires general anaesthetic • Can cause premature menopause • Cannot be reversed • Hormone therapy is sometimes required 	✘ Disadvantages <ul style="list-style-type: none"> • Risk of side effects • Pills must be taken daily • Injections are needed every 12 weeks • It can take 3-6 months for treatment to take effect • It can take 6-12 months before you can get pregnant (injections) • 3-5 yearly replacement of coil 	✘ Disadvantages <ul style="list-style-type: none"> • Risk of side effects • It can take 3 months to take effect
Conception No longer possible	Conception Still possible	Conception No longer possible	Conception Still possible if stopped	Conception Still possible
Recovery time* 1-2 days cramps in the uterus may be experience for up to a few hours postprocedure	Recovery time** 1-2 days mild pain, cramps and nausea may occur posttreatment.	Recovery time 4-8 weeks	Recovery time Not applicable	Recovery time Not applicable
Success rate* 97% do not require further surgical treatment within 5 years.	Success rate** 100%	Success rate# 100%	Success rate Contraceptive pill 50% Coil 60%	Success rate NSAIDs – 20-50% reduction Tranexamic acid - 60% reduction ^{1,2}

* Relates specifically to the Novasure® endometrial ablation procedure. ** Relates specifically to the Myosure® hysteroscopic morcellation procedure