

Treating your Uterine Fibroids

Medical treatments

TYPE OF TREATMENT	WHAT'S INVOLVED?	QUESTIONS YOU MAY WANT TO ASK
Contraceptives	Tablets or hormonal devices (a small device that is put inside your womb). These are not licensed specifically for UF and do not treat the fibroid directly but can help to reduce heavy bleeding.	How effective is this for UF? Are there any risks of side effects and how can I best manage this?
Tranexamic acid	This tablet is a blood-clot regulator, not licensed specifically for UF. It does not treat the fibroid directly but can help to reduce heavy bleeding.	
Gonadotrophin-Releasing Hormone (GnRH) Agonist	This is an injection that does treat the fibroid directly and can help reduce heavy bleeding. However, can only be used for up to 6 months to prevent menopause-like symptoms and any risk to bone health.	
GnRH Antagonist	Latest tablets developed for UF that do treat the fibroid directly and can help reduce heavy bleeding. These options are often formulated or used with hormones that can help minimise menopause-like side effects and potential bone issues.	

REMEMBER: THERE MAY BE IMPORTANT DIFFERENCES BETWEEN OPTIONS EVEN WITHIN THE SAME CLASS OF TREATMENT, SO IT'S IMPORTANT TO TALK TO YOUR DOCTOR ABOUT THESE DIFFERENCES

Minimally invasive procedures

TYPE OF TREATMENT	WHAT'S INVOLVED?	QUESTIONS YOU MAY WANT TO ASK
Endometrial ablation	A procedure that removes the lining of your womb (uterus) using an energy source.	How long does the procedure take? Are there any risks? How permanent is this procedure?
Uterine artery embolization (UAE)	A procedure that injects small particles into the blood vessels that bring blood to the womb (uterus), to cut off blood supply to the fibroids.	
Radio frequency ablation	A procedure that uses focused ultrasound to heat up the fibroids.	

Surgery

TYPE OF TREATMENT	WHAT'S INVOLVED?	QUESTIONS YOU MAY WANT TO ASK
Myomectomy	A surgical procedure that only removes fibroids and preserves your womb (uterus). There are a few different types of myomectomy depending on how it is performed.	How long does the procedure take and how long will I have to stay in hospital? Are there any risks to my womb or general health? How permanent is this procedure?
Hysterectomy	This is the surgical removal of your womb and all fibroids along with it.	