



Saint Mary's Managed Clinical Service
Division of Gynaecology

PATIENT INFORMATION LEAFLET

**OUTPATIENT TRANSCERVICAL
ULTRASOUND GUIDED
RADIOFREQUENCY TREATMENT
OF UTERINE FIBROIDS (SONATA)**

What is Sonata Fibroid Ablation?

SONATA is a cut-free treatment option for certain types of uterine fibroids, if you have been given this leaflet by your doctor this may be a treatment option suitable for you.

An ultrasound device is inserted into the womb (uterus) using radiofrequency energy to reduce the size of your fibroids and ease your symptoms.



Before your procedure

As you will be awake for this procedure you do not need to go without food. It is important that you have breakfast or lunch before you attend for your appointment.

Please remove any piercings on your tummy/genitals before the procedure.

You need to **provide an early morning urine sample** when you get up and bring this with you to perform a pregnancy test upon arrival. If there is any chance that you may be pregnant, your procedure will be cancelled. If you are sexually active, you must be using reliable contraception or have not had sex for at least 4 weeks.

Please take pain relieving medication as discussed during your consultation. If you are able to take **Paracetamol**, we recommend **2 tablets** approximately 60 minutes before your appointment.

Please arrive 30 minutes before your appointment as you will be offered further pain-relief 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 pain relief may lead to delays or cancellation of your appointment.**

What happens during the procedure?

The surgeon will give you a numbing injection to the neck of your womb (cervix) before the Sonata device is put through the cervix into your womb, which means that it does not involve cutting your tummy.

The device has two parts, a thin camera for the surgeon to see and guides the procedure and a special probe that uses radiofrequency energy to treat the fibroid. This can take 15-30 minutes depending on the size and number of fibroids.

What to expect?

In the room there will usually be four members of staff; the doctor performing the procedure, two members of our nursing team and the technical assistant.

As we are a teaching hospital, it is possible that another medical professional or 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 tell you the times that you may take further doses of pain-relieving medication if you need it. During the first 24 hours, you might experience cramping type pain, feeling sick, or brown discharge.

Most people will feel back to normal within two days after the procedure. You should avoid swimming, taking a bath (you can shower), sexual intercourse and using tampons for at least two weeks to reduce the risk of infection.

Call the emergency gynaecology service / GP if you feel unwell and/or develop any of the following symptoms:

- Persistent sickness or vomiting
- Heavy vaginal bleeding (more than 4 sanitary pads in 2 hours or as advised by your doctor)
- Severe tummy pain
- Temperature of 38°C or above
- Greenish or smelly vaginal discharge

What are the main side effects of the procedure?

- There is a small chance that the procedure cannot fully stop the symptoms of bleeding or pressure and you may need other treatments.
- Any operation inside the womb has a small risk of injury (perforation), estimated to be 1 in 200 risk. If this happens, you may need a camera check inside the tummy.
- Any procedure inside the uterus (womb) carries a small risk of infection (0.6%).
- There may be a rare risk of a burn injury to the bladder, bowel or other pelvic organs, although none have been reported.

What are the results expected from the procedure?

The trials have shown that:

- About 90% of people feel that their period blood loss was less at 3 months after the operation.
- 88% of people were satisfied with the result after 12 months.

Can I get pregnant after Sonata treatment?

The evidence of the safety of Sonata in future pregnancy is not yet fully known, however those wishing to conceive can have the Sonata procedure after they discuss all options with their doctor.

There is encouraging data of successful pregnancies without complications after Sonata treatment (n=95) until 2023.

If you have any questions about your procedure, including clarification of terminology, please do not hesitate to talk to one of the doctors or nurses, who will be happy to discuss your concerns with you.

CONTACT DETAILS



Appointment Enquiries: 0161 276 6314 ([Option 1](#)) - Monday-Friday - 09.00 - 17.00



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

Emergency Gynaecology Unit (EGU) Wythenshawe : (0161) 291 2561 24 hours, 7 days a week

Gynaecology Emergency Unit, North Manchester Hospital



<https://mft.nhs.uk/saint-marys/services/gynaecology/>