

MR-HIFU, magnetic resonance guided treatment of myoma

You have been scheduled for a magnetic resonance guided HIFU (high-intensity focused ultrasound) operation. This procedure is used to remove benign uterine growths, such as myoma or adenomyosis.

Preparing for the procedure

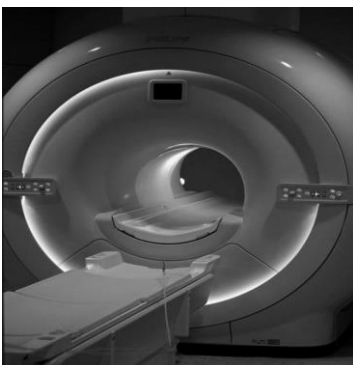
On the day of the procedure **you must not eat for 6 hours or drink for 3 hours before your procedure.** You can take your prescription medication with a little sip of water.

On the morning of the procedure, **do not apply cream or other skin-care products after shower. Remove body hair from the lower stomach** from the navel to about half way of the pubic mound. For this purpose, you can use a disposable razor, available from convenience stores. You must remove any jewelry or piercings, and it is best to leave them home.

Heavy vaginal bleeding is a contraindication for the surgery. If you are expecting to menstruate when the procedure is scheduled to take place, please contact the gynecological inpatient ward.

Examination and procedure

You will have an opportunity to talk with the radiologist who is performing your procedure before the operation. Before the procedure, a catheter is inserted in the preparation room and a lower abdominal ultrasound is performed. An IV line is also inserted, and you will receive premedication. You will receive pain medication and relaxing medication before the HIFU procedure. However, despite this, a large number of patients experience pain during the procedure. You will receive intravenous pain medication during the procedure if necessary, but it is possible that, despite this, you will experience pain during the procedure. The examination and procedure usually last from 2 to 4 hours. The imaging and procedure take place in a ventilated magnetic imaging device with lights, and the device is open on both ends.



You will be able to talk with and signal the nurse during the procedure. You must stay still for the treatment to be successful. We will try to make the treatment position as comfortable as possible.

The operation is carried out by a radiologist, with the assistance of nurses. The progression of the treatment is monitored using a series of quick magnetic images. You can also receive iodine-free contrast agent during the procedure. The contrast agent will pass out of your body in your urine.

The imaging machine will make loud noises during the imaging process, and you will receive earplugs and headphones. You can receive breathing instructions during your procedure through the headphones, such as being asked to hold your breath for 10 to 20 seconds. You can listen to music during the procedure if you wish, and you can take your own CD with you.

After the procedure

The radiologist who performed your procedure will give you individualized post treatment instructions.

Normally there is no strong pain or other complications after the treatment. It is sometimes possible to experience mild lower abdominal pain for a few days, so make sure you have pain medication (for example ibuprofen, paracetamol) at home. You will be monitored at the gynaecological ward after the procedure, usually for a few hours, after which you can go home. **Sick leave** is usually prescribed for two days.

You will find out the treatment outcome from the unit responsible for your care or from a gynaecologist. Usually the effectiveness of the treatment is evaluated after 3 months with a follow-up outpatient clinic appointment and with an MRI scan. Contact the unit responsible for you care if you have not received an outpatient clinic appointment or a phone call appointment.

Please note

To ensure that your treatment can be performed safely, please inform the surgical coordinator if you have any of the following:

- a pacemaker
- an inner ear prosthesis
- an infusion pump
- a surgical clip
- metal fragments or shrapnel in your body

The weight limit of the device is 200 kilograms and the diameter of the “tunnel” of the device is 70 centimeters.

Magnetic resonance imaging patient information form

This form is for printing. The form includes sections that must be completed.

Name: _____

National identity number: _____

Height (cm): _____

Weight (kg): _____

Have you had surgery previously?

Yes _____, **No** _____

If yes, which surgeries? _____

Do you have any of the following in your body?

Yes

NO

A pacemaker or pacing wires

Artificial heart valve

Neurostimulator and/or stimulator wires

Middle ear prosthesis or cochlear implant

Hearing device

Shunt

Stents / coils / aneurysm clips

Metal fragments (for example from welding, grenade)

Infusion port

Infusion pump

Artificial ligaments / fixation screws

Dental prosthesis

Tattoos / piercings

Are you allergic to any contrast or anesthetic agents?

Do you have renal insufficiency?

Are you pregnant?

Have you been sterilized?
