TREAT YOUR ABNORMAL UTERINE BLEEDING

Get back to your best life. It’s possible with the TruClear™ system.
IF YOU HAVE ABNORMAL UTERINE BLEEDING (AUB), YOU’RE NOT ALONE

AUB is not uncommon.

In fact, **100 million women around the world**\(^1\) live with symptoms like yours, including\(^2,3\):

- Heavy or irregular menstrual bleeding
- Periods that last longer than a few days
- Extreme cramping
- Fatigue
WHAT CAUSES AUB?

In approximately half of reported cases, AUB is caused by *endometrial fibroids* and *submucous polyps*.\(^4\)
OPTIONS FOR TREATING AUB

Watchful waiting and removing the uterus (known as hysterectomy) are two common treatments for AUB. Between those extremes is a minimally invasive treatment called hysteroscopy. It’s a safe and effective procedure that can:

- Be performed as an outpatient procedure
- Allow you to keep your uterus
- Leave no scarring as it does not require an incision
DURING A HYSTEROSCOPY PROCEDURE

This less invasive approach uses a high-tech scope or camera called a hysteroscope — that's about the same diameter as a number two pencil.

The scope is inserted through the cervix to allow your doctor to look inside your uterus.

If fibroids or polyps are found, the scope can remove the tissue.
Hysteroscopy has been shown to be safe and effective for the removal of fibroids and polyps. Compared to hysterectomy, it offers:

- Less time away from family, work, and normal activities
- Little discomfort during and after the procedure
- Preservation of the uterus, allowing for future fertility
NO INCISIONS, ALL RESULTS

Meet the TruClear™ system

The TruClear™ system enables the removal of polyps and fibroids without making incisions. The TruClear™ system does not:

- Leave a scar — does not require an incision
- Use an electric current inside the uterus
- Require extended hospital recovery
WHAT HAPPENS DURING YOUR HYSTEROSCOPY

With the TruClear™ system

1. Your doctor will insert the hysteroscope (with a light and camera) into your vagina, past your cervix, and into the cavity of your uterus.

2. The hysteroscope releases a stream of saline fluid (essentially sterile salt water) to expand your uterine cavity so your doctor can better see and access the tissue that will be removed.

3. The unwanted tissue is removed using a specially-designed device.

4. That’s it. Now it’s time to rest. While exact recovery times vary by person, most people are able to go home within a couple of hours and return to normal activities the next day.
WHAT TO EXPECT POST-PROCEDURE

While your doctor will give you more specific details after your hysteroscopy, here are some recommended next steps for you:

- You could have **bleeding and cramps** similar to menstrual cramps. Your doctor may recommend you use pads instead of tampons after the treatment.
- You will **not be able to engage in sexual intercourse** for a period of time following treatment. Your doctor will recommend an appropriate timeline.
- You will **not be able to douche or use vaginal medications** for a period of time following treatment. Your doctor will define this time period.
- Your doctor will likely **schedule a follow-up visit** a few days after your treatment to discuss your results.
- While unlikely, you may need to **continue treatment depending on the initial results**. Your doctor will be sure to discuss this with you if it’s necessary.
IMPORTANT NOTES:

The TruClear™ system procedure is intended to remove intrauterine tissue; this tissue may be causing abnormal uterine bleeding or may be interfering with your fertility. As with any procedure, there are potential risks with this procedure such as fluid overload and uterine perforation. Women who are pregnant, have a pelvic infection, or are known to have endometrial cancer should not have this procedure. Be sure to talk to your doctor to determine if the TruClear™ system procedure is right for you.

The information listed on this flipchart is common guidance and is not meant as medical advice. Every patient’s case is unique, and each patient should follow her doctor’s specific instructions. Please discuss medication and treatment options with your doctor to make sure you are getting the proper care for your particular situation.
Hysteroscopy is not the only way to treat abnormal uterine bleeding (AUB), but it is one of the less invasive options. The TruClear™ system is performed as an outpatient procedure. Ask your doctor if hysteroscopy with the TruClear™ system is right for you.
NOTES

1. Body of Uterus
2. Cervix
3. Vagina
4. Fallopian Tube
5. Ovary
References